

the Wharf

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DIZZEE'S DREAMS

How the gleaming towers of Canary Wharf inspired the young rapper **P12**



RIVER FOCUS

On the Thames with the tall ships **P6**

Yachts set off on adventure **P7**

London river crossings updates **P7**

Solar-powered ship drops in **P3**

Plus: Your guide to the best of 10-day Thames Festival **P4-5**

FREE

SEPTEMBER 5, 2013



Win



A De'Longhi traditional pump coffee machine & designer Royal Doulton plates and mugs **P57**

Plus

Dinner, movie and a goodie bag from The Way, Way Back **P69**

It's not all about riches



Arianna Huffington on why success is more than money & power

PLUS

Cognac, rum and wine on our drinks menu

NEWS MP quits shadow cabinet over Syria + Canary Wharf skyscraper verdict + EDL march latest



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TRAVEL

TUBE & DLR
The DLR is closed between Westferry and Beckton on Saturday and Sunday.

ROADS
No problems.

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ESTABLISHED 1998

Agenda

LinkedIn doesn't understand my skills

Friends, who clearly have no understanding what a writer does for a living, have endorsed me for "editing" on LinkedIn.

I can just picture my editor, and every other poor sub who's ever corrected my copy, bent double with laughter.

"Angela, an editor?! She can barely work an apostrophe. She doesn't even know what InDesign is." That's true by the way. Because I'm not an editor.

I've also been endorsed for "publishing". I have been published, I have never worked in publishing. Key difference that. At a push, and it's a big one, you could give me a

BLONDE'S EYE VIEW



ANGELA CLARKE

thumbs-up for journalism. Though that's still misleading.

Journalists have training; you can win the Pulitzer Prize for executing it well – all stuff that barely registers when I spout about anything from frottage to fromage frais.

Calling myself a journalist feels insulting to the journalists I know. But, for the sake of argument, journalism does involve writing and being published by the press, so you could endorse me for it. Plus there's no category for my true talents – "pontificator of fluff" and "chocolate biscuit eating".

I'm not alone in having my online

CV sabotaged by well-meaning friends and family. A pal's mum endorsed him for the insultingly infantile skill of being able to use Microsoft Word. He works for Google.

Haphazard LinkedIn professional plugs are like sending loopy Great Aunt Nellie as your advocate to a job interview. While it's fine for your buds not to grasp your role, indiscriminate skills on your profile page look like you're the one who's clueless. No one wants a future boss to think they don't know their arse from their employment.

Follow Angela on Twitter:
@TheAngelaClarke

London eye



REUTERS

Sunlight is reflected from the distinctive curved windows of the Walkie Talkie tower in London which has caused damage to cars.

A week in London
Page 66

What our writers are talking about



■ It came as little surprise £64,000 of tax payers' money is heading to Unite, Europe's wealthiest trade union.
Clir Peter Golds

■ The signs of middle age could apply to the vast majority of my friends, most of whom are (youngish) working parents.
Tabitha Ronson

■ The director rolls these dramas around his tongue like a rich bourbon whiskey and finds depth and texture.
Giles Broadbent

■ While antique bottles show the swallow flying west, today, in homage to Cognac's main market, the bird looks east.
Douglas Blyde

Corrections & Clarifications

At *The Wharf*, we pride ourselves in journalism that is honest, accurate and fair.

Our journalists adhere to the Editors Code of Practice, which sets the benchmark for high professional standards and is enforced by the Press Complaints Commission. If we do slip up, we promise to set the record straight on this page in a clear, no-nonsense manner.

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60 Second Wharf

NEWS

Taking on arms trade

Anti-arms trader campaigners are gearing up to lobby an arms fair at the Excel centre next week.

News • Page 11

MP's Syrian support

Tower Hamlets MP Jim Fitzpatrick said he was "humbled" by the support shown for his stand on Syria.

News • Page 11

Crossrail under fire

Protesters gathered at Crossrail's Canary Wharf HQ to complain about the lack of disability access.

News • Page 14

FEATURES

All back to my place

Samuel Orange has turned over his house for a new production, plus money off full price tickets.

What's On • Page 12

A toast to rum

Rum & Sugar is looking to snare the corporate market with a blend of tasting sessions.

Food • Page 60

Crystal anniversary

The Crystal marked its first anniversary – and 100,000 visitors with a series of live opera events.

Business • Page 65



P12



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KAY LOCKETT



ON ME HEAD, SUN

PlanetSolar, a Swiss boat which has just returned from an Atlantic crossing, visited Canary Wharf this week. The world's largest solar powered ship, and the first vessel of its kind to travel round the world, cost 15million euros and was financed by a German entrepreneur. PlanetSolar is 31 metres long and travels at an average speed of less than nine kilometres an hour. It is covered in 500 square metres of solar panels and has a crew of four. [More bizarre vessels on the Thames / Pages 4-7](#)

191m office tower gets green light

PLANNING

OUTLINE plans for a 60 storey office tower on Heron Quays West were approved by Tower Hamlets' strategic planning committee last Thursday.

Reaching a maximum of 191.5m, the application replaces a previous proposal, approved in 2008.

The latest plan could see Canary Wharf Group pay between £14million and £24.5million towards the Crossrail development under Section 106 payments.

That will depend on the overall floorspace of the scheme, which will be decided on once more detailed plans are submitted at a later date.

Councillors sitting on the planning committee voted Heron Quays West – also known as One Bank Street – through, with five saying yes and two others abstaining.

Other contributions include £1.1million towards employment and training in the borough and £250,000 of improvements for Heron Quays DLR station.

Back in 2008, a three tower development peaking at 33 storeys was approved. However, this never materialised following the financial crash.

Under the new plans the floorspace has been decreased from 200,000 square metres (under the previous proposal) to a maximum of 130,000sqm.

Disorder fears prompt police to ban march

POLITICS

THE Metropolitan Police have banned the English Defence League from entering Tower Hamlets this weekend due to a threat of "serious disorder".

The group had planned to march from London Bridge to Whitechapel Road on Saturday but the Met has decided it would stop the procession going into the east London borough.

The march is now only allowed to take place between midday and 3pm on Queen Elizabeth Street, Tower Bridge Road, Tower Bridge Approach, The Minories and Aldgate High Street.

It will be allowed a maximum of 30 minutes "static demonstration" in Aldgate.

Meanwhile, the Met has also put limits on a counter-demonstration from Unite Against Fascism. It has been told it can only protest on Whitechapel Road and between the hours of 11am and 4pm.

Chief Supt Jim Read said: "The communities have made it clear to us the impact that groups expressing extreme views has upon them. We have listened to those concerns, and we will keep working with all our communities."

"We accept that the EDL, and any counter protest group, have a right to protest. That right must be balanced against the right of people to go about their day without fear of violence, disorder or disruption."

It is not known whether EDL leader Tommy Robinson will be attending. He is currently on police bail over a recent incident in Tower Hamlets. However, on social network Twitter he has stated his intention to attend.



Defiant: Tommy Robinson

NEWS IN BRIEF

Around Canary Wharf

Three treated for burns at Liam flat

ISLE OF DOGS Three people were treated for burns after escaping a blaze that broke out on a 34th floor flat balcony in Pan Peninsula on Monday.

A 35-strong team of firefighters and six engines were called to the incident just after 9.45pm at the home of One Direction's Liam Payne, who wasn't hurt.

About 30 people had already fled the building, although one woman and two men were taken to hospital to receive treatment for burns to the hands and face.



Tesco revamps bakery offering

CANARY WHARF Following up from a re-vamp of its layout, Tesco Metro will open the doors to its Euphorium Bakery on Monday (September 9).

Store manager, Mark Smith, said it would boast a "much wider variety of high quality bakery products" in addition to a bespoke cake ordering service for birthdays and special occasions.



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River special

Sophia ready to begin tunnelling under river

TRANSPORT

Giles.Broadbent
@wharf.co.uk

A CROSSRAIL tunnelling machine is preparing to start a drive underneath the Thames just as one of her sisters has reached another milestone.

Mary, who started out from Plumstead in May, has broken into the station box at Woolwich, marking the half-way point of tunnelling south of the river.

She has joined Sophia, who reached the Woolwich box in May and is being prepared to start on the second leg of the journey underneath the Thames to North Woolwich.

Project manager Gus Scott said: "It's great to know that we're half way through our tunnelling in south-east London. Mary and Sophia have done a fantastic job so far, between them constructing a mile and a half of brand new



Sophia at Woolwich

tunnels from Plumstead to Woolwich."

Sophia and Mary are constructing the Thames tunnel, which will run from Plumstead, via Woolwich and underneath the Thames to North Woolwich.

Known as "slurry" machines, they are specially equipped to deal with the chalk, flint and wet ground conditions.

As part of the tunnelling process, the excavated soils are pumped out as liquid slurry to a special site treatment plant at Plumstead.

It may not be biggest river, but it has most character

FESTIVAL

10-day celebration of the capital's artery gives people chance to sample the waters

Kay.Lockett
@wharf.co.uk

The Thames is London's living artery," says Adrian Evans, director of The Mayor's Thames Festival 2013.

The man who majestically masterminded the Thames Diamond Jubilee River Pageant last year is currently dotting the 'i's and crossing the 't's ahead of a 10-day event celebrating the river.

Running from September 6-15, the cultural festival will see more than 50 works of art created at various points along the route, interactive river events and incentives to get people on to the Thames.

Adrian said the aim of the festival was to connect, involve and inspire people with London's greatest natural asset.

Art, music, and educational events will be held both on the water and along its banks and bridges.

This year's festival has grown from a two-day event to a 10-day one and is also expanding geographically up the river, with activities taking place from the source of the Thames down to its mouth – including Docklands and the Isle of Dogs – though the principal focus remains on the river between Lambeth Bridge and St Katharine Docks.

Adrian said: "This year the festival is much more connected with the river and all the works are inspired by the water – we have curated a series of extraordinary art projects.

"The programme aims to inspire people and is a lot more intimate and subtle this year – we are going to whisper rather than shout.

"Being by the river gives a distinctive feel to a city and the festival will reveal what it really means to be a Londoner."

There will be a waterborne opera performance, riverside screenings of



Activities in the Thames Festival include The Great River Race, above, and the St Katharine Docks Classic Boat Festival, right



Adrian Evans: We aim to inspire

short films, river inspired art commissions, the Thames' first floating art fair, a 600-voice children's choir, 340 boats taking part in the Great River Race and 40ft steel barges competing in the river's slowest race.

Adrian added: "The Thames may not be the largest or widest river but it has the most character, it is so intimately linked with the history of the capital.

"The river's waterfront is constantly changing and regeneration is transforming the landscape – and the river is always at the heart of the transformation – it gives us a sense of place."

Go to thamesfestival.org

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Festival highlights

1513: A Ships' Opera by Richard Wilson RA and Zatorski & Zatorski

Sept 14, Trinity Buoy Wharf performance 6.25pm and Tower Bridge performance 7.45pm. From Sea Reach at the Thames Estuary to the Pool of London, Tower Bridge
FREE

The opera is the centrepiece of this year's Mayor's Thames Festival. Historic vessels are modified to become musical instruments and sculptural pieces, resurrecting the lost sounds of the river with steam whistles, bells, horns hooters, sirens and cannon.

The day-long performance starts at sea near the mouth of the Thames Estuary, when a lone ship makes its way upriver to join the other mustered vessels at Trinity Buoy Wharf, home of London's last lighthouse.

The fleet will then go on to present a dazzling finale of sound, light and steam at Tower Bridge later that night.

The ships' opera will be conducted, by semaphore, from the top of the Trinity Lightship, a lighthouse on top of a ship.

FloatArt London

Sept 14, 10.30am-9.30pm & Sept 15, 10.30am-6.30pm. The Dixie Queen at Butler's Wharf Pier
FREE

A Mississippi-style paddle steamer is converted into a floating gallery to showcase the hopes and dreams of some of the best new artists of 2013.

A hand-picked selection of the

country's most current and inspirational BA and MA art graduates in exhibition will display multimedia installations and experiential artworks with public talks and VIP programmes too.

St Katharine Docks Classic Boat Festival

Sept 7-8 and Sept 14-25, 11am-6pm
St Katharine Docks
FREE

Classic vessels including Gloriana – the Queen's row barge – the Massey Shaw and a selection of Dunkirk Little Ships will be open for guided tours. There's also gourmet food from the St Katharine Docks Good Food Market and Sea Cadet displays.

During a tour of the pontoons, marina director William Bowman will be giving a talk about the transformation of the marina over the years and the vessels that visit today.

The Great River Race

Sept 7. Approximate times: 11.40am Millwall Riverside, 2.10am Tower Bridge, 12.25pm Westminster Bridge, 12.30pm Lambeth Bridge, 12.45pm Battersea Bridge, 12.55pm Wandsworth Bridge, 1pm Putney Bridge, 1.15pm Hammer-smith Bridge, 1.45pm Chiswick Bridge, 2.00pm Kew Bridge, 2.30pm Richmond Bridge.
FREE

A marathon on the water, the spectacular boat race starts at London Docklands and, 21 miles later ends at Ham in Surrey.

The annual race attracts more than 300 crews from all over the world

and every level of competitor: from those who enjoy fun, fancy dress and charity stunts to serious competitors who are there to win.

Get On The River

Tower Beach – the foreshore at the Tower of London.

Free but ticketed, booking essential at thamesfestival.org

One of only two opportunities each year to enjoy the once bustling and much loved London beach on the foreshore at the Tower of London.

Opened in 1934, the beach was an instant success, a recreation of the sea-side experience in central London. It finally closed in 1971 when the sand was washed away.

Thames 21 and the Thames Discovery Programme will lead workshops, uncovering the history behind the ancient objects to be found on this foreshore.

Butler's Wharf Blackout and Blackout Banquet

The Blackout Banquet will serve dinner at 7pm every evening between Sept 6-15, plus lunch at 12.30pm on Sept 7-8.

D&D London's riverside restaurants at Butler's Wharf – Le Pont de La Tour, Cantina del Ponte, Blueprint Café and Butler's Wharf Chophouse – will be blacking out electricity from 8.30pm throughout the festival.

The Blackout Banquet is a pop-up 40m, 140-seat banqueting table spanning the riverbank serving a rotating menu of dishes showcasing each of the restaurants.

£35 per head. Call 020 7940 1833.



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arts & events
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TALL SHIPS

A gathering of nine stately vessels ahead of next year's regatta

Rob.Virtue
@wharf.co.uk

IN THE golden age of sail two centuries ago, tall ships filled almost every inch of the Thames, to the point where boys would attempt to cross the river by traversing from deck to deck.

Those days are long gone although this time next year 60 boats will congregate for the first Tall Ships Regatta to take place in the capital for 25 years.

For those with little patience, a foretaste of the sights and sounds of such an armada took place this week as a fleet of nine vessels plied up and down the river, carrying crew and visitors, rounded off each evening



with fireworks and the sounding of horns.

One of those ships taking part this year – and hoping to return in 2014 – is the Iris, built in 1916 to fish for herring.

Skipper Ben Bos said there was a magic to tall ships.

He said: "They all carry a history from the square riggers to the schooners. They capture the true spirit of sailing and there's a lot of emotion connected to them."

"We own this ship but in my mind we are just taking care of her for a while and hopefully, someone else will take care of her in the same way."

"When this was built it was one of 900. Most were stripped and now there's just four or five left."

A contract to bring the Tall Ship Regatta 2014 to Greenwich was signed in May. Running between September 6-9, 2014, it will follow a race from Falmouth to the Isle of Wight before a gentle sail into London.

Speaking on board the Iris, Cllr Peter Brooks, deputy leader of Greenwich Council, said: "There will be 50 to 60 ships in and around the river and it will be a fantastic experience for those taking trips."

"It's been over 25 years since this festival was hosted in London. It's a rare event and we're very excited to be bringing it to Greenwich."



Skipper Ben Bos, top, Cllr Peter Brooks, above, and crew, left, on board the Iris, far left

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Final farewell and then adventure begins



Dame Ellen MacArthur waves to the Great Britain team as they exit St Katharine Docks



Left, the bathroom and sleeping quarters below deck on the 'Henri Lloyd'



LEAVING their base in St Katharine Docks in Wapping last weekend were 12 intrepid teams setting sail on an 11 month epic trip around the globe.

Made up of professional and amateur sailors they will battle a variety of conditions including an unforgiving winter in the Atlantic Ocean.

The 40,000 mile journey, which sees teams

compete in the Clipper Round the World Yacht Race, began on Sunday with the "Great Britain" team leading the others along the Thames, through the Barrier and out of the estuary.

They will stop off at Brest in France before making their way non-stop to Rio De Janeiro in Brazil in the first of eight legs.

Rob Virtue

Crossings needed to ease traffic 'shame'

TRANSPORT

Tolls likely to help fund new tunnel, says TfL

Rob Virtue
@wharf.co.uk

Congestion on east London's roads has been labelled "shameful" by a leading industry expert.

Prof David Begg told London Assembly's transport committee it was black mark on Mayor Boris Johnson's record as the head of Transport for London.

In a scathing attack in which he said more river crossings were urgently needed, the former head of the Commission for Integrated Transport and

the publisher of *Transport Times* said: "What's happening in east London is shameful. The level of congestion around the Blackwall Tunnel and Dartford Crossing is one of the worst and most intolerable in the UK."

"We know the reasons why it's not been dealt with but it's unacceptable."

Prof Begg's comments came as he joined a panel debating the Mayor's recent Vision 2020 document which looked at a range of transport aspirations for London.

TfL's managing director of planning Michelle Dix said

at the meeting at City Hall, the transport group was pushing ahead with crossing proposals.

"We've gone through the consultation process," she said. "We're bringing the Silvertown Crossing forward as well as looking at Woolwich."

Also at the meeting, Isabel Dedring, deputy mayor for transport, added tunnels such as the Silvertown Crossing would be very likely include charges.

"When you talk about new infrastructure you would be talking about tolling and people do broadly accept and understand that," she said.

NEW CLIPPER SERVICE

COMMUTERS who take the Thames Clipper to work will soon benefit from new and direct services to the Wharf.

An improved timetable for the Putney to Blackfriars

route will see some sailings continue to Canary Wharf – without the need for passengers to change boats.

The new schedule comes into operation on Monday.

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Notebook

Middle-aged? No, a mum trying to keep it together

As I ticked them off one by one, I groaned at the emerging picture of myself.

Yes, I enjoy an afternoon nap. Yes, I choose comfort over style. Yes, I am a member of the National Trust. Yes, I prefer a cosy night in to a night on the tiles. And, yes, I have been known to make up a flask of tea for a day trip.

According to a recent survey, commissioned by healthcare provider Benenden Health, it's official: I am Middle Aged.

Although I am a fair way off hitting 53 – the age at which, according to the

survey of 2,000 adults, we now consider the start of middle age – the tell-tale signs are there.

I looked down at the Magic Puzzles app I'd been absorbed in for the past hour, a tricky 550-piece picture of a jaunty piano-playing cat. Surely not?

The more I read of the survey and the signs of middle age, however, the more I thought it could apply to the vast majority of my friends, most of whom are working parents.

Afternoon naps. Yes, I crave them but with only the weekend on which to grab

WORKING MUM



TABITHA RONSON

one and demands of the mini-mes social calendars to facilitate, they are as rare as painite.

Comfort over style. Sprinting here and there, from the school run to the daily commute and then back again, in times that could rival Usain Bolt, the order of the day is more pumps and scrunchie than vertiginous heels and a sleek up do.

Membership to the National Trust. Forget history and culture, the Trust's properties provide the perfect settings to let the kids run wild, burn off that never-ending supply of energy.

Night in or out? It's a no brainer. By 9pm, most of the working parents I know have either nodded off on the sofa in front of the TV, oblivious to the pool of drool dripping from their mouth, or are battling with the Mount Everest sized mountain of washing and ironing.

Day trip flask of tea and other come-tibles. An antidote to that "are we nearly there yet?" whining.

It's official: parenting brings on middle age.

Working Mum, turning back to my Magic Puzzles app for solace.

POLITICAL VIEWPOINT

By Cllr Peter Golds

The mayor is paying court to supporters

It came as little surprise on discovering that among the millions of pounds of taxpayer money being handed out in grants by Tower Hamlets, £64,000 was heading for Unite, Europe's wealthiest trade union.

Unite maintains a political fund of millions and has been involved in a series of disputes over the selection of parliamentary candidates for the Labour Party.

The union itself commissioned an internal poll to establish how their members voted.

The result was that 45% voted Labour and 55% voted elsewhere. In fact, the Conservatives, Liberal Democrats and indeed Ukup all have a base of support among members.



Two Tower Hamlets Respect members are the last resort

In the 2010 general election Unite members favoured Labour over the Conservatives by just 12% points.

So where does Mayor Lutfur Rahman fit into this?

He has the support of two known political parties. Firstly there is Respect, who at the beginning of this week had seven councillors nationwide.

The party's entire group on Bradford City Council have resigned from the party, leaving just the two Tower Hamlets members as their last resort.

Secondly there is the Trotskyite Socialist Workers Party, a fringe organisation which has smaller polling numbers than those saying they have met an alien.

With this kind of support we can understand why we see so much publicly funded propaganda on behalf of the Tower Hamlets Mayor.

Conservative, Blackwall & Cubitt Town



Wharfinger The long view



1965 Thousands lined the banks of the Thames to pay their last respects to Winston Churchill, who died 20 years after he had seen Britain to victory in the second world war. The cranes dipped to salute the coffin of the great man aboard the Havengore. Churchill was eventually buried in St Martin's Church, Bladon, near Woodstock. The Havengore, commissioned in 1954 as a Port of London Authority survey vessel is now moored at St Katharine Dock, Wapping, and operates corporate events.

1988 Actress Helena Bonham Carter performs in *The Woman In White* at Greenwich Theatre.



High Five Back-to-school gadgets

Softened the blow of a return to the classroom with a selection of funky accessories



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Snapshot

Trends, stats & surveys



36%

of London Wi-Fi hotspots checked in a survey were unsecured. 1,641 adults were asked about their use of public Wi-Fi hotspots.

63%

Use hotspots to access email

12%

Use hotspots for online banking

7%

Use hotspots for work-related activities

9 OUT OF 10

... people are losing sleep to stay on the internet. One in five admitted they had a "fear of missing out". One in 10 described their quality of sleep as "good".

LEAVING TOWN



Australia may have lost the Ashes but it comes top as the most popular destination for people looking to leave these shores.

Australia	25%
USA	17%
Spain	12%
Canada	10%
New Zealand	8%
France	5%
Italy	4%

Sources: Experian Consumer Services; Nyttol; Viewsbank

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The background of the entire advertisement is a photograph of several people practicing Bikram Yoga in a studio. They are performing a deep forward bend (Uttanasana) on mats. The scene is brightly lit, and the participants appear focused and sweaty.

HOT

The logo for Bikram Yoga London features a stylized blue silhouette of a person in a yoga pose above the letters "BYL" in a bold, sans-serif font. Below this, the words "BIKRAMYOGALONDON" are written in a smaller, all-caps font.

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VIA

What's On / From Page 16

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News

Why towers of the Wharf are the heartbeat of grime music

CULTURE Beth Allcock talks to a writer who says Dizzee Rascal was drawn to the futurism of an alien landscape



Dizzee Rascal at T In The Park in Scotland in July

A decade of grime music that first found its voice in the heart of east London may seem like the antithesis of the gleaming skyscrapers of corporate Canary Wharf.

But freelance writer Dan Hancox, a man with a self-confessed "fanboy-ish love" of the music genre, says the two have a closer relationship than might first appear.

Hancox was introduced to the grime scene during his south London school days sharing classrooms with members of So Solid Crew.

From there, he became immersed in the lyrical tracks of Dizzee Rascal and his fellow MCs, generated in pirate studios and on top of tower blocks east of the capital.

Penning articles about the underground music scene, he said his "one true passion" provided a link between music and politics – and the backbone for his new e-book, *Stand Up Tall Dizzee Rascal And The Birth of Grime*.

The 32-year-old said: "Grime is political in its expression of anger, claustrophobia as well as fun, excitement and youthful rebellion without needing to call out David Cameron's name or claiming an attack on government."

"This music has real impact. It's a product of its environment."

He said

the Canary Wharf estate represented economic growth and individualism. Rascal and co grew up in another form of tower block, shunted from school to school after expulsions. He saw the clean lines of One Canada Square, so close but so far away, as a symbol of aspiration and solo success.

Dizzee created what Dan brands "two creative masterpieces" – *Boy In Da Corner* and *Showtime* – at 16, on the computers at Langdon Park School. The rhetoric of grime music refers to progress "pushing things forward", asking what's next and who will get there first.

Grime is about year zero and grabbing the future whereas American hip-hop refers to being "real" and respecting history.

"We had Dizzee and Tinchy Stryder growing up near Canary Wharf, they grew up in poverty looking at this other tower block one or two miles away," he said.

"It is there where the futurism of the sound can be found – it sounds shiny with zip zap effects."

"You look at the buildings in <

Continued >



KAY LOCKETT



Freelance writer Dan Hancox has been studying the origins of grime music since it first emerged a decade ago

Canary Wharf in contrast to the dirt of the Crossways Estate [where Dizzee grew up] and a lot of council estates, and which of these look like grime?

"It's actually the futuristic steel and glass constructions of Canary Wharf.

"As Dizzee said in an interview, as a teenager he would look at the bright light on One Canada Square and imagine there were aliens up there.

"And DJ Target described it as 'our Statue of Liberty'.

"It does, for better or worse, accurately describe a product of the economy and the style we live in, of aspiration and exclusivity.

"I love coming here and seeing these buildings but I am also oddly disturbed. It's all very well saying the buildings of Canary Wharf inspire people out of poverty but the facts don't support that."

The author's 15,000-word document, which took a month to write, was commissioned for Amazon.

He said the online book offered him a chance to "indulge" his writing ambitions about music, politics and the architectural history of east London.

It also signifies a marker in the grime timeline.

"I have long been writing about grime and trying to persuade people like *The Guardian* it was worth writing about," he said.

"About a year ago I realised it was getting dangerously close to being a decade since Dizzee's *Boy In Da Corner* came out.

"Grime had experienced a fresh flush of youth and it seemed like the right time to do it."

Buy the e-book book, priced at £1.99, on Amazon.co.uk.

Man confronted over train ticket hit DLR worker

COURT

A DLR worker who confronted a passenger he saw sneaking through the barriers without a ticket, was punched in the face.

Masud Rashid, 27, of Nelson Walk in Bromley-by-Bow, was sentenced for the attack to four months in prison, suspended for a year.

He was ordered to carry out 200 hours of community service, as well as pay the victim £1,500 compensation and court costs of £620.

In the incident on March 1, in Woolwich, Rashid was spotted following another passenger through the ticket barriers.

The 49-year-old DLR worker then asked Rashid to show his ticket but he replied: "Get out of my way, I've got somewhere important to be."

He then threatened the worker, before pushing him and punching him in the face.

When the victim tried to use his radio to call for help, Rashid snatched it and threw it back in the station.

British Transport Police used CCTV from the station and the prison to identify Rashid, who was arrested at his home the following week.

Rashid denied charges of assault and fare evasion but was found guilty at his trial. He was sentenced at London Magistrates Court.

TfL's Sivan Hayward said: "We are really pleased with this sentencing, it sends out a clear message that abuse of our staff will not be tolerated."

"They are here to do a job and should be allowed to do so without fear for their safety. We, along with the police, will push for the strongest penalty for anyone who abuses our staff."

DIZZEE'S TRIBUTE

INTERVIEWED in 2010 for a BBC London radio programme about the best and worst of the capital, Dizzee was asked to nominate his favourite building in London, and unhesitatingly chose Canary Wharf.

"It means the most to me. I could see it from all angles as a kid. That was the highest building I could see from my bedroom.

"And when I see it from south London, when I'm coming over from the Blackwall Tunnel, it always gets me excited, especially at night. It feels special. I love that and the

buildings around it; you see a little mini metropolis being built up. It's not quite as impressive as New York or Japan, but it's ours, innit?

"I remember when we were little, we had a conspiracy - we thought that thing on the top of it was like aliens, and they were about to fly off - loads of little theories like that. We'd blink and think they had lasers up there."

From *Stand Up Tall: Dizzee Rascal And The Birth of Grime*

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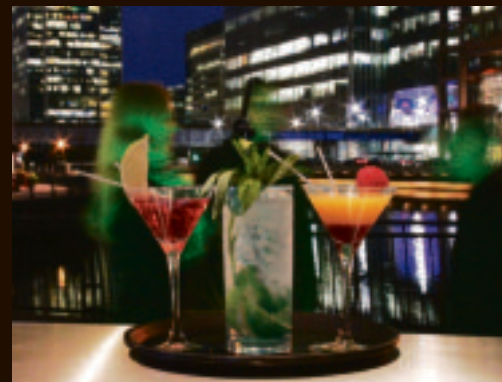
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Protest calls for lifts on Crossrail

TRANSPORT

Access for disabled people will be tough at seven stations

Rob.Virtue
@wharf.co.uk

SCORES of protesters demanding better accessibility for disabled people at Crossrail stations arrived at the company's headquarters on Thursday last week.

They were angry seven of the stops on the cross London train service will have no lifts.

Transport For All chose to mark a year on since the Paralympics with a "torch relay" of stations concerned.

They gathered at the Crossrail offices at 25 Canada Square Park at lunchtime and were met by "torchbearers" arriving from Hanwell and Seven Kings stations.

Carolyn Brown, who is part of a community group at Hanwell, says she has heard no reason why lift access could not be provided.

She said: "It's essential, not just for wheelchair users, but for the elderly, people with luggage and mothers with children."

"There are seven stations that will



Carolyn Brown: Essential

be without lifts. In total, the service needs a minimum of 19 more lifts and that will cost about 0.2 per cent of the Crossrail budget."

The other Crossrail stations in London without lifts are Maryland and Manor Park.

Taplow, Iver and Langley, all outside of the capital, will also be out of bounds for wheelchair users.

Transport bosses insist they are still looking into making changes.

Mike Brown, managing director of London Rail, said: "Transport for London and the Department for Transport aim to make the whole Crossrail route accessible."

"There is already provision for 31 of the 38 stations to have step free access and work is underway to look at practical solutions and funding options for the remaining seven."



Protesters gather at Crossrail's Canary Wharf headquarters to push for better disability access on the route



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Directions - Canary Wharf Tube (30 minutes walk) - Left out of Canary Wharf tube station, walk through the Jubilee Place Atrium. Then walk over the bridge, turn left and along the quay side for 300 metres and you'll see the signs for Aston's on the right-hand side at the end of the quay.

South Quay DLR - (11 minutes walk) - Cross the road, past the barrier, walk down drive way by South Quay Plaza, towards offices on the right, then up the steps to Aston's terrace.

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Digest

The Week In Brief

Aug 29-Sept 5 • Round-up of news from the last 7 days



Photo story

STRATFORD Top disabled athletes, artists and performers are to return to the Olympic park on Saturday (September 7) for a festival of sport and culture, one year on from the London 2012 Paralympic Games. The free event is being held to mark National Paralympic Day.

The event also forms part of the Mayor of London's Liberty Festival, which has been curated by Bradley Hemmings, one of the artistic directors of the London 2012 Paralympic Opening Ceremony. The festival will bring the best of

deaf and disability arts to the park, including street theatre, live music, and children's activities. Go to QueenElizabethOlympicPark.co.uk.

Call for parents to tell of school place troubles

EAST LONDON With the capital facing a shortfall of more than 100,000 primary school places by 2016, the London Assembly is calling for parents to share their experiences.

Census figures have pinpointed Tower Hamlets and Newham as the only areas in the country where population growth has exceeded 20 per cent – meaning the former needs to accommodate a further 5,658 pupils than in 2001.

The London Assembly Education Panel will be hosting a debate on September 19. To contribute, email laura.pelling@london.gov.uk.



Man suffers broken jaw in attack at DLR station

CANARY WHARF A 28-year-old man suffered a fractured jaw and lost four teeth following an assault at South Quay DLR station in the early hours of Saturday morning.

Det Insp John Justice said an altercation was thought to have taken place between the victim and four other men.

He said: "Officers attended and the man was taken to Royal London Hospital where he was treated for a fractured jaw and the loss of four teeth. He has since been discharged from hospital."

BTP is seeking witnesses. Call 0800 40 50 40.

First aiders give free advice on life-saving

CANARY WHARF Spend your lunchtime learning how to save a life as first aiders from St John Ambulance visit on Wednesday (September 11).

Volunteers from the charity will be offering free demonstrations during its Save a Life September campaign.

Len Bamber, of London St John Ambulance, said: "I know people doing their shopping are often in a rush but what could be more important than saving someone's life?"

Go to sja.org.uk/sals.



DLR bidder pulls out as final tenders submitted

DOCKLANDS One of the four bidders looking to take on operation of the DLR was withdrawn from the competition.

Bus and rail group Go-Ahead has withdrawn after its French joint venture partner Colas Rail said it would not continue with the bid just a week before the shortlisted four were due to submit tenders to Transport for London.

The other shortlisted operators to run a service that carried 100million passengers last year are existing operator Serco; Stagecoach; and a joint venture between Keolis and Amey Rail. A decision will be made next summer.

Festival brings all the fun of the fair for free

TOWER HAMLETS Music, arts, street food and a pop-up cinema will mark the first gathering of its kind in Poplar on Sunday.

The Chrisp Street festival, organised by Poplar Harca, features a jam-packed agenda of free all-day entertainment including a parade, fairground rides, street performers and bands at Chrisp Street Market and Langdon Park.

As the night falls, guests can relax in front of the pop-up screen with a snack from one of the many street food outlets. Event runs from 11am to 9pm.

Go to chrispstreet.org.uk.

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What's On

Seven Days

Comedy
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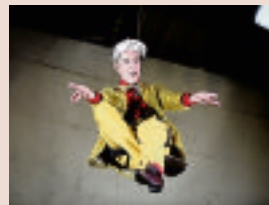


★ He styles himself as a sex symbol – but throwback Earl Okin is overweight and slightly seedy. Nevertheless he will be headlining an evening of laughs at Via tonight (Thursday).

The eccentric figure of the stand-up circuit and a musical genius will be joined by acts including Viv Groskop, George Rowe, Bianca Arlette and Daniel Breakey for the stand-up show in the basement of West India Quay bar.

Hosting the evening will be James Redmond, otherwise known as Finn in *Hollyoaks* and Abs in *Casualty*.
Sept 5, Via, West India Quay, 6.30pm, £10, thelaughingpod.com

Performance
Dark humour gets rinse cycle



★ Ambitious, outrageous and a musical on the move is how *Spin Cycle* is described.

Carried out in the street outside The Albany in Deptford, it involves a cast of more than 40, including circus aerialists, dancers, singers and poets.

Based on the story of a game show it sees stand-up comedy performed on top of a 30ft tower.

Deb Mullins, from Greenwich-based Emergency Exit Arts, which is running the show, said: "Through its dark humour difficult questions are asked of the audience and, yes, *Spin Cycle* does feature at least one washing machine."

Sept 7, The Albany, Deptford, 3pm, FREE, eea.org.uk

Full house as Samuel lives and breathes a love of art

INTERVIEW

Actor brings his staging of *Dorian Gray* right into his own front room

Beth Allcock
wharf.co.uk

Oscar Wilde's fictional portrait of *Dorian Gray* might have resided in the attic, but a new intimate interpretation of the story brings the drama right into the front room.

Actor Samuel Orange has turned over his 18th century Greenwich townhouse to an immersive exploration of the themes in Wilde's classic.

Creative director of The Alchemic Order, the 29-year-old has persuaded his two housemates to allow a 25-strong audience to drop in nightly for a re-telling of the spooky tale.

After being greeted by Samuel, the guests follow the cast and explore the adaptation of *The Picture Of Dorian Gray*, from the bedroom decked out in satin through to the garden, where vintage armchairs and a pergola awaits.

The actor – who also takes on the

role of Lord Henry Wotton in addition to juggling the creative direction – said it was his struggle to secure an agent and auditions that prompted him to create his own work.

And a steady stream of audiences have heaped praise on his adaptation of the 19th century story which tells of a young man who sells his soul to stay young, with his portrait bearing the ravages of his hedonism.

"It raises a lot of themes in the narrative in interesting ways," said Samuel, relaxed into a leather armchair in a room that, in some scenes, becomes a gentleman's club.

"It's things about the public and the private, what goes on behind mirrors and a work of art having a life of its own, which is the main theme in *Dorian Gray*."

"We greet the guests into my house because we wanted to tell the story in the same place the characters inhabit."

"A lot of them stay for drinks afterwards. Some feel uncomfortable, but others love the fact they can be with the actors after the show and just talk to them. People have really taken to that."

"And I wanted to make sure I lived here as well – it's important for me it is a living house."

Samuel has been working on his debut project since Easter, attempting to find themes of Wilde's work he believes are often overlooked.

READER OFFER

£10 off a full price ticket (£25) Tuesday to Thursday evenings for locals. Full price ticket usually £35. Quote "The Wharf"



Samuel Orange has turned the rooms in his Greenwich townhouse into settings for his exploration of *The Picture Of Dorian Gray*

And his version of the tale for his home stage has omitted a key prop – the portrait.

Samuel said: "Instead of having a portrait of *Dorian Gray*, in my production, the performance is the portrait."

"We had ideas about projecting a hologram and I realised we were changing it into theatre and the theatrical forms had to change."

"The audience gets it. At first they think 'where's the painting?' but they understand after a while."

"The main theme for me was how a work of art takes on a life of its own, away from its creator."

"Oscar Wilde is also a classicist, and his work explores pre-Christian and post-Christian paradigms."

"There are also themes of hierarchy, beauty, the object having a life of its own, and these are rarely explored in adaptations, so I wanted to at least attempt it."

W How do people react to the informality?

"A lot of them stay for drinks afterwards. Some feel uncomfortable, but others love the fact they can be with the actors after the show and just talk to them."

Samuel Orange

After he closes his front door on the production later this month, the Mancunian will be working on a feature film with a storyline about someone making a production of *Dorian Gray*, meaning the character will haunt his Greenwich pad for a little while longer.

■ Initial run to until Sept 28, address will be revealed on booking, Tues to Sat 7.30pm, £25-£35, thealchemicorder.com.

KAY LOCKETT

What's On

Why I'm so happy to be reunited with Rina

INTERVIEW

Spot Mansoor and Bindi in a cavalcade of characters, all played by same pair

Beth.Allcock
@wharf.co.uk

When the curtain opens on the first scene of *Love N Stuff* at Theatre Royal Stratford East, you may well get swept up in a sense of déjà vu.

For the two characters gathered at Heathrow Airport's Terminal Three – married Stratford couple Bindi and Mansoor – have become somewhat iconic in east London following their stint on the same stage last year.

In 2012, actors Tony Jayawardena and Rina Fatania captured the hearts of the East End with their humorous relationship in *Wah Wah Girls* and this month, the duo will return to their roles in *Love N Stuff*.

Talking of his fifth production with his co-star, Tony, who plays Mansoor, said: "We have always enjoyed working together and being on stage. We kind of click in a weird way – it's nice.

"Knowing each other does help. Generally with acting jobs you come in and meet a bunch of strangers and it's difficult sometimes to put yourself out there.

"It's never tricky between Rina and I. We know we will be there for each other if anything goes wrong. We will just go with it and respond – we enjoy the excitement of that.

W How does it feel to be back with Rina?

"This is one hell of a compliment and Rina and I are very lucky to have this opportunity. It's a wonderful validation of the work we are doing."

Tony Jayawardena
"Mansoor"

"With *Love N Stuff*, we are playing a whole bunch of characters and it's a tough schedule.

"But we are still going to try with the characters of Bindi and Mansoor. We are going to make the space feel as spontaneous and real as possible."

Artistic director Kerry Michael and playwright Tanika Gupta paved the way for the reunion.

Tony said: "This is one hell of a

compliment and Rina and I are very lucky to have this opportunity. It's a wonderful validation of the work we are doing."

The acting duo will be taking on a hefty 20 roles between them during the production, which centres on the former's fight to prevent her husband leaving their England home for Delhi after 35 years of marriage.

They will adopt personas including duty free assistants and policewomen without ever leaving the stage.

It will be a tricky task, admitted Tony, "but an exciting one as well."

And the re-worked stage setting of a studio format will increase the levels of intensity for a Stratford crowd who the 34-year-old said was "amazing" during *Wah Wah Girls*.

"At one point, I am playing a duty free woman and you're not going to forget that," joked the Londoner.

"My costume doesn't change but my accent certainly does.

"And it's always good fun in a small space. When the audience is closer you can afford to be more intimate.

"You don't have to bellow everything and it gives actors a bit more space for subtle emotion – it makes those comments feel even greater."

■ *Love N Stuff*, Theatre Royal Stratford East, Sept 13 to Oct 5, £12.50 to £15 (concs), Tues to Sat at 8pm, stratfordeast.com.

More What's On / Page 58



Tony Jayawardena and Rina Fatania resume their relationship as Bindi and Mansoor

WIN a De'Longhi Scultura coffee machine and Royal Doulton plates and mugs



To celebrate the seventh annual Macmillan De'Longhi Art Auction, De'Longhi – the UK's number one Premium Italian coffee machine brand – has partnered with Royal Doulton to give one lucky reader the chance to win a Scultura traditional pump coffee machine and be the first to get their hands on the new Royal Doulton Street Art Collection featuring designs by artists Pure Evil and Nick Walker.

De'Longhi is passionate about art and is delighted to be hosting the Macmillan De'Longhi Art Auction 2013 once again to raise money for Macmillan Cancer Support. This year's event has attracted donations from some of the UK's top artists, including Pure Evil, Rankin, Gavin Turk, Mary McCartney, Gordon Cheung and Alison Jackson.

A free exhibition at the Royal College of Art will showcase all donated artworks from September 20-22 and will offer members of public the chance to view and bid for their favourite pieces whilst there and bid online.

ROYAL DOULTON

LONDON 1815

There are a number of stunning pieces of contemporary art available to bid on, including a piece from Pure Evil, whose collaboration with Royal Doulton is making the best of British art accessible to all.

Adding to the existing design-led, Italian inspired breakfast collection of matching kettles and toasters, De'Longhi's new Scultura traditional pump coffee machine continues to push the boundaries in design, capturing the essence of Italy's stylish and creative past to bring unrivalled sophistication to any kitchen.

For more information about the Macmillan De'Longhi Art Auction exhibition email delonghi.artauction@clarioncomms.co.uk or go to art-auction.org.uk

For more information about De'Longhi or Royal Doulton, go to delonghi.co.uk or royaldoulton.co.uk



Closing date: September 26, 2013

HOW TO ENTER

★ To be in with a chance of winning the prize, answer the following question.

What is the name of one of the artists who has designed pieces for the Royal Doulton Street Art Collection and is also contributing to this year's Macmillan De'Longhi Art Auction?

- a. Pure Design
- b. Pure Evil
- c. Pure Coffee

To enter go to wharf.co.uk and click on the competitions link. You'll need this code – **DL001**. Entrants must supply their name, address and telephone number.

One winner will receive a De'Longhi Scultura Bar Pump Espresso coffee machine, two limited edition large plates, one set of four small plates and four mugs from Royal Doulton.

What's On

Diary Dates

Stage Comedy with an estuary twang

★ Lee Evans, Sheila Hancock and Keeley Hawes are likely to make **Barking In Essex** Clive Exton's story of a blundering criminal family one of the theatrical events of the year.

Now villain Algie Packer has done his seven-year stretch he's looking forward to spending his £3.5million stash. But there's something his family have forgotten to mention.

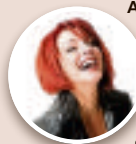
From Sept 16, Wyndham's, £22.50-£42.50, barkinginessex.co.uk



Stage Magical pairing take on the Bard

★ Sheridan Smith as Titania and David Walliams as Bottom are likely to make Shakespeare's **A Midsummer Night's Dream** a popular treat. The adventures of four young Athenian lovers and a group of six amateur actors, who are controlled and manipulated by the fairies who inhabit the forest, is one of the Bard's most popular works and accessible for the stage.

From Sept 7, Noel Coward Theatre, £13-£88, atgtickets.com



Stage Sher returns for Freudian slip-ups



★ Double Olivier award-winner Antony Sher makes a return to Hampstead Theatre in **Hysteria**. Terry Johnson's farcical look at Sigmund Freud's revision of his theories.

At 82, the psycho-analyst settled in Swiss Cottage after fleeing Nazi-occupied Austria. However, when Salvador Dali turns up, peace becomes somewhat elusive. Until Oct 12, Hampstead Theatre, £14.50-£32, hampsteadtheatre.com

Star-crossed criminals wait for one true love



Rooney Mara as Ruth and Casey Affleck as Bob, a Bonnie and Clyde tale of criminal lovers

SCREEN Ain't Them Bodies Saints

(15) 97mins
Ain't Them Bodies Saints is a slight tale cut through with slowburn menace and melancholy – but the golden sunlight that halos the characters suggests something greater than the sum of its parts.

Writer-director David Lowery, who workshoped this production through Sundance labs, has evinced a timeless, lyrical beauty to a tale of thwarted love and redemption.

His rewards are performances that take place mostly behind the eyes.

Bob Muldoon (Casey Affleck) and Ruth Guthrie (Rooney Mara) try to shoot their way out of a bank robbery, clipping Sheriff Patrick Wheeler (Ben Foster) in the process. When Muldoon

goes down for the crime he pledges to his pregnant wife that he will return for her come what may.

A few years later, Muldoon escapes and makes his way across country to Meridian, Texas. The townsfolk are braced for his arrival, none more so than shy Wheeler, who has been tentatively flirting with the single mum.

Muldoon's return, it seems, will be as cataclysmic as his departure.

Lowery rolls these dramas around his tongue like a rich bourbon whiskey and finds depth and texture within its folds.

Although nominally set in the 70s, the story feels timeless. The cornfields sway for eternity and homesteads are Wild West outposts, guarded by guns, sheriffs and tradition. Meanwhile, the dust-clogged pores and beer bottle relief evoke *Cool Hand Luke*.

Mara, in particular, relishes the

time to explore her character, nursing her searing love for her husband and ferocious love for her child and torn over whether the two are opposed or complementary.

Hardened and fragile, she knows her strength is no match for her weakness. Wheeler is a soft option but she's a one man woman. Affleck, meanwhile, has poetry and violence in his soul, roiling and brewing like an acid mix.

Doom is written into the film's DNA but there is enough here that is uplifting, even spiritual, to present a case that these small, blighted lives have not been entirely wasted on turmoil and sadness.

Giles Broadbent

Our verdict

An effective mood piece with Bonnie and Clyde overtones

★★★★☆

SCREEN About Time



Another Richard Curtis film, another diffident English man trying to date another American girl. There's rain and Bill Nighy and oodles of charm if you still have patience to see the same film again.

This time the twist is that Tim Lake (Domhall Gleeson) discovers that he can erase all those bumbling overtures to Mary (Rachel McAdams) because his family has the ability to travel in time – but in a way that doesn't over complicate the plot.

★★★★☆

SCREEN Riddick



This third outing, we're promised, returns to the inventiveness of the original, not the, overblown problems of the follow-up.

Vin Diesel returns the favour to the director David Twohy who gave him his break and comes back as the title character and producer of the the third instalment.

Betrayed by the Necromongers and left for dead, becomes more powerful and dangerous than ever before and is ready for vengeance.

★★★★☆

SCREEN Any Day Now



In the late 1970s, when Marco (Isaac Levy), a teenager with down syndrome is taken in by committed couple Rudy (Garret Dillahunt) and Paul (Garret Dillahunt), he finds in them the family he's never had. However, when their unconventional living arrangement is discovered by the authorities, Rudy and Paul must fight a biased legal system to adopt the child.

Based on a true story, this film makes the most of Alan Cumming.

★★★★☆

MUSIC



Sequel To The Prequel Babyshambles

★★★★☆

With a new drummer, Pete Doherty's band return from a six year hiatus with their third album. Full of highs and lows, the album opens with *Fireman*, which is disappointing on record although it's popular live.

The more mainstream tracks lack the poetry Doherty is known for and feel like watered-down versions of previous hits.

Nevertheless, the album stands up against the band's back catalogue, and is a welcome addition to the collection. **HM**

DVD



Star Trek Into Darkness

(12) 132mins

★★★★☆

Kirk, who has been stripped of his captaincy, becomes embroiled in the hunt for terrorist John Harrison (Benedict Cumberbatch) alongside his crew and his new best pal Spock.

As a visual spectacle, *Star Trek Into Darkness* rocks. On a deeper level, the warp core of the script fails to hit factor five let alone 10, keeping characters' inner turmoil hidden behind copious special effects.

A two-disc set comprising the 2009 reboot of *Star Trek* and its sequel is also available. **DS**

BOOK



The Educated Ape Robert Rankin

★★★★☆

Few authors appear to have as much fun at their craft as Robert Rankin, self-styled "master of far-fetched fiction".

His enthusiasm and silliness are so infectious that one can forgive his tics and indulgences.

In this alternative history, set in 1899, there are talking monkeys, visitors from Mars, Ernest Rutherford, a large hadron collider and the crime of the century.

Somehow, Rankin manages to make it all work, all with a twinkle in his eye. **GB**

Fashion

Knit and purl bobble cardigan, £99
Althea dress, £79
Knit and purl bobble scarf, £49
Body shaper tight, £9
Dasha Boot, £65
Monsoon
Canada Place
monsoon.co.uk



Wrapped up in knots

The nights are drawing in, the autumn fast approaches. It's time to reach for the knitting



George print knit dress, £16
George at Asda
East Ferry Road
asda.com



Animal Intarsia knit dress, £99
Mint Velvet
House of Fraser Lakeside
mintvelvet.co.uk



Fur trimmed padded jacket, £275
Wool silk jogger, £199
Cable knit sweater, £160
Jaeger
Cabot Place
jaeger.co.uk



Cable knit skirt, £25
Next
Canada Place
next.co.uk

Fleur pattern knit tunic, £48
Fat Face
Westfield Stratford City
fatface.com



Navajo woven stole, £17
Accessorize
Canada Place
accessorize.com



MALL TRAWL

Deals, offers, bargains

WATCHES

About time for a joint pop-up

★ If you're investing in a new timepiece this autumn, a pop-up from Canary Wharf jeweller Charles Fish and Zenith could help to make your decision a little easier.

The boutique will come to the estate September 16-19 to showcase the Swiss watch manufacturer's new collections.

Watchmaker Alistair Stainthorpe will be answering questions and organising demonstrations throughout the event, which will firstly be held in Canada Place Mall and move onto Jubilee Place Mall – spending two days in each.

Canada Place viewings will run from 7.30am until 7pm while the store will close at 6pm on September 19.

BLINK

Save £7 on bar's signature styling

★ Ensure you're spruced up for the autumn season with an offer at Canary Wharf's Blink Brow Bar.

Staff at the salon, in Canada Place, are on hand to tackle the most unruly of brows and roughened nails, with its eyebrow shape and signature manicure for £40 – saving £7. Offer runs until September 14. Go to blinkbrowbar.com.

FRENCH CONNECTION

Challenge for shopping session

★ Fancy scooping an exclusive shopping session in French Connection Jubilee Place complete with discount?

The store is offering fans the chance to take part in its private Sketch To Store Style Challenge where selected entrants will be able to invite four friends to the event, on September 18.

As well as an opportunity to shop, customers will be able to style their own photoshoot and compete for prizes. Go to frenchconnection.com

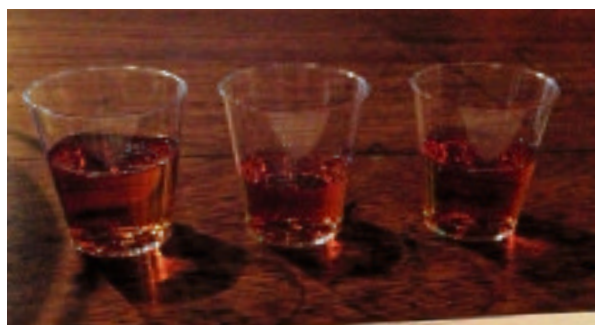
BUPA DENTAL CARE

Free toothbrush when booking

★ Maintain a pearly white smile with a free gift when you book a new patient check up at Bupa Dental Care in Churchill Place.

The surgery is giving away Oral-B Professional Care electric toothbrushes when new patients arrange and attend the appointment before October 31. Call 020 7516 0063 to arrange.

Food



Rums ready for tasting at the dockside venue's launch event

West India Quay's place for a rum do

DRINKS

Jon.Massey
@wharf.co.uk

Since its conversion from the unexciting 1802, Rum & Sugar next to the Museum of London Docklands on West India Quay has been ratcheting up the vibrancy.

But it's not only seeking out the banging Thursday night crowd. Its latest offerings have been designed to snare the corporate market.

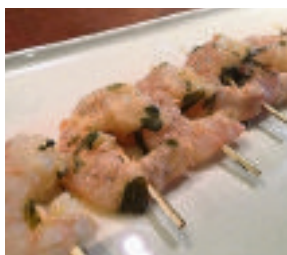
And it's all about depth as it aims to position itself as a destination for enjoyment and appreciation with a collection of rums unbeaten in east London.

Following on from the launch of its cocktail making sessions (£100 plus £11 per head for a minimum of 10), the venue has unveiled a rum tasting experience (£12.50 per head for a minimum of 10) and rum and food matching (£20 per head, again for 10 or more).

There are also plans to bring in an Xbox 360 for digital amusement, but that's for the future.

Having attended the launch event for the rest, it's clear Rum & Sugar is keen to deliver a high standard. We were guided through rums by a representative of Flor de Cana which supplies the house tipples.

He was knowledgeable and



Perfect: canapés

thorough, imparting anecdotes and explaining the genesis of his firm's various products clearly and engagingly.

The differences between the various aged rums was clear on the tongue.

This professionalism was echoed by the food on offer.

Created using rum as an inspiration, the canapés we ate were of a high standard. Prawns, chicken and pork were presented in a fresh and interesting way.

Rum is one of the reasons the Grade I listed buildings exist for it was in 1799 that Ralph Walker planned 10 large warehouses on each of the four West India Dock quays to house, among other commodities, 25,000 casks of the imported beverage.

Go to rumandsugar.co.uk.

Cognac looks east to continue its exporting tradition

TRAVEL

Gastronaut **Douglas Blyde** traces particular brandy back to source

The town of Cognac rises at the centre of an emanation of nearly 200,000 undulating acres of hardy Ugni blanc vines, all neatly laid out.

Its soaring ecclesiastical spires, time-smoothed cobbles and slanting timber-framed buildings – bearing the salamander emblem of King Francois I – are fringed by the River Charente.

The annual Cognac Blues Passions festival breaks the calm of its leafy squares and botanical gardens.

Here, more than 80 acts play out over 19 hours a day during the week-long summer festival. Swedish garage rock band The Hives and Irish singer Sinéad O'Connor dominated this year's line-up.

Now in its 20th year, the festival opens six miles east at Jarnac, birthplace of François Mitterrand and home to Courvoisier, the Cognac said to have accompanied Napoleon into exile (and now favoured by Busta Rhymes).

Meanwhile, at the precipice of the botanical gardens punchbowl, vine-growers and master distillers fill brightly-lit tents that bear familiar logos – the stag of Park, Rémy Martin's centaur and Martell's swallow.

While antique bottles show the swallow flying west, today, in homage to Cognac's main market, the bird looks east to Asia.

Outside the town are the black-roofed warehouses where locally-made barrels of eau-de-vie slumber.



Plump mineral oysters are always available on the stunning Île de Ré, which is also home to Camus Cognac's cellar in a 17th century fort



When their contents are finally brought together, up to 97 per cent of the 170million bottles crafted annually will be exported to over 160 countries.

"It was like that from day one," said ex-Chanel director turned distiller Oliver Blanc of boutique house Léopold Gourmel.

When Cognac was first produced over 350 years ago, it was "made for foreigners," said Blanc, attributing the rise to the Dutch who craved stronger fare to fortify their sailors.

The region extends into the Atlantic Ocean. One hour's drive west, over a soaring, almost two-mile long wonder of a bridge is the exclusive Île de Ré.

Known as the "white island" on account of the splay of salt plains, it is also a magnet for water babies, lovers of plump, mineral oysters and cyclists considering the provision of over 60 miles of dedicated tracks with little incline.

The largest family-owned Cognac house, Camus maintains a cliff-side cellar within an ancient 17th century moated fort.

Fifth generation president Cyril Camus, who helped court Chinese consumers by spending the past decade residing between Beijing and France, appraised his product.

He said: "Making a great Cognac is easy – all you need is a great-grandfather, a grandfather and a father who have done it before you."

£16,000 cognac / Page 69



DRINK WITH PAULO BRAMMER

Natural flavours: Biodynamic wines for your table

1

■ Nebbiolo, Malvira, Langhe, Piemonte, 2008.
■ £11.99 at Waitrose.
■ Finding cheap and good Nebbiolo is certainly one of the hardest jobs for a wine buyer, but this is just perfect value for money. It has classic notes of dried flowers, red berries and fresh tobacco leaves. Who says biodynamic wines needs to be expensive?



Paulo's verdict
Budget paradise
★★★★☆

2

■ Pinot Gris, Domaine Zind Humbrecht, Alsace, France 2011.
■ £14.99 at Majestic.
■ Oliver Humbrecht is an iconic figure in the Biodynamic scene and his wines are consistently outstanding. This Pinot Gris Reserve is rich with notes of honeydew, ripe melon and orange peel with superb texture balanced by mineral-like acidity.



Paulo's verdict
Superb, rich white
★★★★★

3

■ Gevrey-Chambertin, Dom Paul Crozier, France 2010.
■ £25 Majestic.
■ This is simply a great Pinot Noir with a good weight and freshness. It is still quite young but is very pure and showing typical aromas of raspberry, cherry and toast from 17 months in wood. Just perfect with the start of the game season.



Paulo's verdict
A game contender
★★★★☆



DOUGLAS BLYDE

Above, traditional techniques are still used in the region to make the barrels that are used to store the finished product, left

STAY

■ **Domaine de L'Echassier** in Cognac's outskirts is a welcoming retreat in gardens with outdoor swimming pool, well-rated restaurant and library of Cognac bottles.

echassier.com

■ **'L'Atalante'** is a sizable, seaside hotel focussing on restorative use of seawater as a therapy in its spa treatments.

atalante.relaisthalasso.com

GO

■ Daily flights by EasyJet, Gatwick/ Luton-Bordeaux (82 miles car transfer), or TGV Paris-Angoulême, changing for Cognac.

TOUR

■ **Courvoisier** offers inventive experiences from one-hour long classic tour (nine euros) to a nine-hour Cognac and Truffles session including

a market visit, gourmet lunch at the Château and entry to the prized Paradis cellar (280 euros).

coursvoisier.com/uk



■ **Camus**, inset, runs tours and tastings ranging from 8.50 euros.

camus.fr/en/visit-us

IN LONDON

■ **Dukes**, St. James boasts cigars and Cognacs in its secluded garden (6-11pm).

dukeshotel.com

■ On the Wharf, both **Boisdale**, Cabot Square, which recently hosted a Cuban Cigar and Cognac vs. Armagnac tasting and **Manhattan Bar** at the Marriott, West India Quay boast good selections for discerning Wharfers to try.

TASTING NOTES

Food and drink round-up

MEMSAHEB ON THAMES

Annual seafood festival returns



Seafood, including king prawns are bought fresh from Billingsgate

★ A popular feast of the fruits of the sea has returned to Docklands restaurant **Memsahab On Thames**.

Diners at the Indian eatery can opt for fresh fish, crab, lobster or prawns – all sourced from Billingsgate Market – cooked in a variety of tasty sauces as part of the Seafood Festival on the Terrace, which runs until Saturday.

All dishes are served with roasted seasonal vegetables and a choice of rice or bread.

To mark the launch of the annual festival, former cricketers **Ian Botham** and **Michael Holding** swapped their punditry for flavours that packed a punch when they visited the Amsterdam Road venue last week.

Go to memsahab.net for more information.



Ian Botham and Michael Holding join owner Moni Das, bottom left

THE FINE LINE

Get week's dish and wine for £10

★ Start your week with some discount dining at The Fine Line bar and restaurant.

The Fishermans Walk eatery is offering its dedicated dish of the week served with a glass of wine for just £10, every Monday and Tuesday.

If you prefer to save your meals out for later on in the working week, the venue is also offering up a starter and a main course for £14.50 from Wednesday to Friday.

Carnivores' paradise pops up dockside

Kay Lockett
@wharf.co.uk

MEATOPIA is a call to arms for all lovers of animal consumption.

On Saturday, **Tobacco Dock** will be transformed into a fiery meat pit where butchers will rub shoulders with chefs and international BBQ kings will peer through the smoke at the bright young things of the London restaurant scene.

Over 20 chefs will each create a bespoke tasting dish and cook it right in front of those attending, over fire.

Visitors may consume as many as they like using Meatbucks to redeem dishes.

The idea is meat fans while away the afternoon eating, drinking,

dancing, listening to the Meaterati debating and sharing stories.

Meatopia is not just about those activities though. There will be live bands, butchery demonstrations, informal workshops, art installations, street theatre and live performances.

Expect all the rock'n'roll chaos of supercharged sets, chuggy jams in dark corners and jump-up dance-along tunes from DJs and musicians.

Wondering what you'll wash all this down with? The best in artisan ales, fine wines and spirits will complement the food and fun.

Tickets prices start at £45, from midday to 9pm.

Go to meatopia.co.uk for more information.



Visitors to Meatopia can try treats whipped up over fire by 20 chefs

WLTW

Kick-start your love life with
The Wharf's own dating service

Place an ad

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call
0844 887 4091
(You will get charged your standard network rate)

If you have a **photo** you're 6 times more likely to get responses! Simply text your solo picture along with your 6 digit mail-box number (space) 4 digit pin number under your photo, to 0779 366 6363. Or send by email to: support@jmediauk.co.uk with your Mailbox & pin number.

For **message collection** call
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Ads with a  symbol have a photo of the advertiser. Calls cost £1.53 per min. Simply text **PIX042**(space)the advertisers mailbox number, & send to **888333** For Help Call **0844 800 1188** Mon - Fri 9 to 5 or email us at support@jmediauk.co.uk


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Guys Text n' Chat. Text in now and chat to local people.
Send : CHATUP018 To : 60109 (T&C's below)

YOUNG looking blonde, 53, likes football, music, holidays, seeks caring male, 50-55 for LTR. Tel No: 0906 500 3729 Box No: 392796

PRETTY kind, caring Asian lady, Barnet, 45, 5ft 3ins, seeks educated, sincere, kind hearted white guy 43-52 for friendship and more. Tel No: 0906 500 3729 Box No: 407517

JACKIE 38 looking for that special genuine guy also looking for love and to fill that lonely gap in their life, any area. ACA. Tel No: 0906 500 3729 Box No: 407013 

BORED fed up and lonely too? Lorraine pretty petite solvent blonde, active, professional, likes nice food/wine, holidays, seeking similar male to spend quality time together. Tel No: 0906 500 3729 Box No: 407007 


PAULINE pretty professional blonde, great curves, life and soul of any party, seeks tall, well built male with passion for life to get together with. Looks/unimportant. Tel No: 0906 500 3729 Box No: 339087 


DIVORCED female, 66, blue eyes, 5ft 4ins, medium build, blonde hair, seeks male, 66-75 for friendship/companionship, maybe more. Tel No: 0906 500 3729 Box No: 406059 

CLARE easygoing 34yr old professional, OHAC, financially independent, enjoys holidays, nights in/out, WLTW male for time of liaisons without ties. Tel No: 0906 500 3729 Box No: 406831 


JULIE newly single and ready to start again with honest, trustworthy, life loving, happy male who just wants to find someone special to fall in love with. Tel No: 0906 500 3729 Box No: 406887 

VANESSA attractive, glamorous black lady, 5ft 6ins, curvy size 14, seeks caring, loving, solvent, generous, white male, 35-55 for fine dining and travel. Tel No: 0906 500 3729 Box No: 387184 


ATTRACTIVE 47yr old single mum, seeks N/S male, 47-55 to enjoy life with. Tel No: 0906 500 3729 Box No: 402151 


MARIA 30 dark hair/eyed size 12, attractive, outgoing, easily pleased, likes nights in/out, seeking romantic loving guy with GSOH. Tel No: 0906 500 3729 Box No: 407301 

NATASHA is a naughty 22yr old lady seeking no strings discreet fun with older man. Tel No: 0905 002 1952 Box 366033

JACKIE young looking slim attractive sexy 34yr old lonely girl looking for Mr Right who wants to get to know me and wants a good time doing it. Tel No: 0906 500 3729 Box No: 407205 

KATIE slim racey female, likes cars, horses, dogs looking for tall experienced male who knows how to make me happy and please me. Daytime meets preferable. Tel No: 0906 500 3729 Box No: 407045 

VICKY attractive slim 32yr old nurse, new to the market with no hang ups, enjoys nights in/out, dancing, music, looking for caring man for romance and more. Tel No: 0906 500 3729 Box No: 407035 

JANE 52, N/S, WLTW nice male to share and enjoy life with. Tel No: 0906 500 3729 Box No: 407059 


SUSIE, seeks fifty shades of grey with guy any age but must be discreet, call and I will explain why. Tel No: 0905 002 1953 Box 407321

PICK AN ADVERT AND MAKE A DATE TODAY!

GINA attractive, slim, likes music, GSOH, seeks nice gent, under 60 for LTR. Tel No: 0906 500 3729 Box No: 233636

PROFESSIONAL black woman, seeks educated, professional, white male, 45-60, 6ft plus for LTR. Tel No: 0906 500 3729 Box No: 406069 


WHITE female, 55, brown hair/eyes, N/S, likes meals out, nights in, walks, travel, pubs, cinema, music, seeks white male, 50-58 for friendship/relationship. Tel No: 0906 500 3729 Box No: 406753 

QUIET honest, loving 51yr old female, medium build black Caribbean, seeks male, 49-60, honest, loving for companionship, maybe LTR. Tel No: 0906 500 3729 Box No: 404931 



STELLA strict, mature lady, seeks gent for mutually rewarding times. Tel No: 0906 500 3729 Box No: 405571 

RARE that's me. 48, honest, caring, respectful, caring N/S lady, blonde, attractive, size 16-18, seeks true, romantic gent for friendship, maybe more. Tel No: 0906 500 3729 Box No: 403325

HONEST sincere caring lady, 40's, looking for over 40yrs N/S romantic honest sincere gentleman with GOSH for friendship, possible LTR. Tel No: 0906 500 3729 Box No: 371809 

ATTRACTIVE young looking widow, 65, likes most things, seeks nice gent 60-70 for friendship and more. Tel No: 0906 500 3729 Box No: 406133


WIDOW 70, honest, sincere, caring, likes music, caravans, gardening, walks, days out, seeks male. Southend. Tel No: 0906 500 3729 Box No: 405999 

JULIA 45, many interests, looking for friendship, maybe more. Tel No: 0906 500 3729 Box No: 405777

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mail to: **JMedia UK Ltd, SW4 7BX**

FEMALE young 70's, petite, blue eyed blonde, GSOH, likes travel, holidays, theatre, nights in, cruises, anything. Tel No: 0906 500 3729 Box No: 402089 

VANESSA attractive, glamorous black lady, 5ft 6ins, curvy size 14, seeks caring, loving, solvent, generous, white male, 35-55 for fine dining and travel. Tel No: 0906 500 3729 Box No: 387184 

BUSINESS lady, smart, early 60's, seeks male, 65 plus. Tel No: 0906 500 3729 Box No: 401403

FEMININE friendly, attractive female, 5ft 6ins, curvy, dark hair, green eyes, likes outings, travel, home life, walks, sports, seeks smart, down to earth male, 55-65 for friendship, maybe more. Tel No: 0906 500 3729 Box No: 400431

JO 38, 5ft 2ins, brown hair/eyes, likes cinema, bowling, meals out, nights in, seeking older male to settle down with. Tel No: 0906 500 3729 Box No: 393834 

SUZANNE 35, beautiful blonde, seeks discreet male for chats and a relaxing glass of wine anytime. ACA, status unimportant. Tel No: 0906 500 3729 Box No: 342527 

DONNA 24yr old single nurse, curvy, pretty, brown hair, big eyes, single and fun to be with, WLTW mature male for romance 25-45yrs. Tel No: 0906 500 3729 Box No: 391117

LIZ 52, looking for East London man of similar age for LTR. Tel No: 0906 500 3729 Box No: 390887

CAROL attractive blue eyed blonde, slim, size 10ins, GSOH, great entertainer, good cook, well mannered, cheeky, sensual, romantic. So why am I single? Call me. Tel No: 0906 500 3729 Box No: 388979

ATTRACTIVE black female, 44, seeking black/white English male, 40-50 for theatre, cinema, meals out, fun times and more. Tel No: 0906 500 3729 Box No: 381599 

60's lady, smart, seeking company of pleasant male, 65-73. Tel No: 0906 500 3729 Box No: 405535

LOOKING for Knight on Bike. Hippo Goth Rock chick 52 into heavy rock, black metal, country, bike rallies and more, looking for male with similar interests. Tel No: 0906 500 3729 Box No: 405057

FEMALE likes cinema, meals out, walks, seeking black male for friendship, relationship. Tel No: 0906 500 3729 Box No: 404473

ROSEMARY 48yrs, white, brown hair/eyes, 5ft 3ins, seeking understanding, caring, romantic, genuine N/S male 49-63, car owner for friendship maybe more. Tel No: 0906 500 3729 Box No: 404129

18YR old female looking for fun times only. Any age. Tel No: 0906 500 3729 Box No: 403993 

BLONDE tanned female, trendy, 46, GSOH, likes walks, pubs, nights in, seeks male. Tel No: 0906 500 3729 Box No: 384852

SANDY 64, young looking, nice personality, GSOH, seeking nice gent, 64-70 for friendship and more. Tel No: 0906 500 3729 Box No: 402261

Men seeking women


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Ladies Text n' Chat. Text in now and chat to local people.
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TALL handsome, professional male, seeks down to earth, attractive lady for tender, loving, caring, discreet relationship. Tel No: 0906 500 3729 Box No: 393441 

MATURE romantic, sincere, single gent, 59, blind from birth, GSOH, seeks very special lady, 40-65 for LTR, lots of love, affection and heart of gold. Tel No: 0906 500 3729 Box No: 407099


EASYGOING active, genuine, trustworthy, N/S late 60's male, varied interests, seeks warm, positive, slender, Essex lady for companionship plus. Tel No: 0906 500 3729 Box No: 407097

JOEY 48, black, seeking full figured female, honest, fun loving, supportive, likes travel, meals out. Tel No: 0906 500 3729 Box No: 407083 

BILL 5ft 8ins, medium build, Aquarius, likes reading, TV, nights out, seeks buxom female for fun, friendship and relationship, 35-55. Tel No: 0906 500 3729 Box No: 407061 

GEORGE 6ft, genuine, honest, N/S, looking for sincere female. Tel No: 0906 500 3729 Box No: 406991 


SINGLE male, 50 plus, seeks buxom, busty female, 35-55. Tel No: 0906 500 3729 Box No: 363773

WHITE male 59, good build seeks slim female, 25-40 for LTR. Tel No: 0906 500 3729 Box No: 406961 

6FT 3ins male, grey hair, blue eyes, medium build, seeks female, 50's, preferably blonde, blue eyes and medium build. Tel No: 0906 500 3729 Box No: 405591 


ATTRACTIVE white male 39, good build, seeks slim female 25-40 of LTR. Tel No: 0906 500 3729 Box No: 405133

BLACK male, 50, young at heart, bubbly, seeks buxom, pear shaped, voluptuous, white female, 25-55 for friendship, maybe more. Tel No: 0906 500 3729 Box No: 407397

TALL handsome, professional male, seeks down to earth, attractive, smart, sophisticated, simple lady for caring relationship. Tel No: 0906 500 3729 Box No: 407169 


MALE 38, attractive, intelligent, nice personality, likes cinema, theatre, meals out, seeks caring, slim, attractive female, 28-40 for lasting relationship. Essex/E London. Tel No: 0906 500 3729 Box No: 407399

CLEAN discreet Essex male, 49, seeks female, any age/looks for adult fun. Tel No: 0906 500 3729 Box No: 407219 

SLIM male, 5ft 9ins, 60, bald, attractive, down to earth, seeks female. Tel No: 0906 500 3729 Box No: 407137 

ATTRACTIVE blond blue eyed male 47, genuine, fun loving HIV positive, OHAC, GSOH, seeks genuine fun loving black/Asian or oriental female. Tel No: 0906 500 3729 Box No: 405185

JOHN seeking female for fun and friendship. Tel No: 0906 500 3729 Box No: 391208 

MALE 60 looking for mature fun bubbly female 70yrs plus for fun adult relationship. Tel No: 0906 500 3729 Box No: 404039 

ATTRACTIVE black male, professional, 5ft 8ins, medium build, caring, honest, hardworking, serious, seeking confident female, 28-42 with GSOH for serious relationship. Tel No: 0906 500 3729 Box No: 400227

CHRIS 50, medium build, brown hair/eyes, glasses, many interests, seeks petite-medium build, N/S lady, 50 plus. Tel No: 0906 500 3729 Box No: 390718 

ATTRACTIVE white male, good build, 38, seeks slim female, 25-45 for LTR. Tel No: 0906 500 3729 Box No: 392895

JONNY fit 49yr old, loves life, 5ft 9ins, honest, seeks slim soul mate for loving relationship. Tel No: 0906 500 3729 Box No: 391126

HENRY likes sports, clubs, socialising, smoker, occasional drinker, seeks female for friendship, maybe more. Tel No: 0906 500 3729 Box No: 406741 

JOHN fit, loving 51, loves life, honest, sincere, seeks slim-medium build lady for loving times. Tel No: 0906 500 3729 Box No: 405969 

FUN loving ambitious, hardworking, honest caring black male seeking likeminded beautiful female for fun or relationship, 25-35yrs. Tel No: 0906 500 3729 Box No: 404643 




MIKE 49, 5ft 10ins, easygoing, likes pubs, coast, cinema, seeks similar sincere female for friendship, maybe more. Tel No: 0906 500 3729 Box No: 395497 

ROMANTIC passionate guy 45, honest, friendly, likes dining, wine, travel, weekends away, pampering/spoiling, seeks lady to share good times. Tel No: 0906 500 3729 Box No: 383423

BRIAN 50, 5ft 9ins, medium build, attractive, seeks attractive white female, 40-50 for LTR. Tel No: 0906 500 3729 Box No: 405959

DEREK black male, seeking female for 1-2-1 relationship, likes travel, meals out, family life. Tel No: 0906 500 3729 Box No: 406555


BUSINESSMAN late 40's, seeks younger partner, 25-35, N/S for relationship. Tel No: 0906 500 3729 Box No: 388199

SAMMY passionate, smart, intelligent, discreet man, seeks lovely lady for fun and friendship. Tel No: 0906 500 3729 Box No: 406865 

SINGLE white guy 50, 6ft 4ins, seeks female. Personality more important than looks, single mum welcome also. Tel No: 0906 500 3729 Box No: 405301

CARING genuine male, young 66, slim-medium build, brown hair, likes most things, seeks similar lady for friendship/relationship. Tel No: 0906 500 3729 Box No: 406661

Men seeking men

MALE 34, attractive, 5ft 10ins, blue eyes, blond hair, seeks slim male for fun relationship. Any area, can travel. Tel No: 0906 500 3729 Box No: 381892 

Health

SLIMMING

BY CAROLINE WATERSTON



WEIGHT LOSS DIARY

My weight loss bubble's burst. Two pounds on this week despite extra exercise and virtuous eating. Laura, my Weight Watchers leader isn't surprised. The pounds have been falling off me quicker than WW recommends and she says my body's re-adjusting. I'm disappointed but still a pound lighter than my last column, after managing to shed three the week before. For a week I'd hit my next target – two stone total loss – so I bought that gorgeous dress I mentioned.

■ Start: 14st 4½lbs
■ Now: 12st 5lbs
■ Goal: 10st 7lbs (or as near as)

SNACK STOP



■ Everyone loves a treat and with WW you can have your cake and eat it too. WW Cake Slice Snack Packs contain five sealed portions, allowing you to eat one and keep the rest fresh. My fave's the Bakewell slice – and at just two ProPoints, they make snacking a piece of cake.

LUNCH: CRUSSH

■ CrussH is not in the WW Eat Out guide but thanks to its website I've worked out the PP values of my favourite daily stews:



Green Thai chicken and vegetable curry on a bed of red and brown rice, pictured, is 15PP in an original size pot (525g) and 12PP in the petite pot (440g).

Spicy butternut chickpea and tomato stew is 13PP in an original pot and 11PP in the petite size.

DETAILS

■ Caroline attends Weight Watchers at Reebok Sports Club, Canary Wharf. Classes run on Weds and Thurs from 7.30am-1pm. For information about meetings and ProPoints go to weightwatchers.co.uk.

PILATES

Mums pay nothing at all to take up health classes

★ New and expectant mums can experience the benefits of pilates for free. Classes will be held at the Asda store in Westferry Road starting in October, after a partnership was formed between the Island House Community Parents Project and the Tower Hamlets branch of the National Childbirth Trust.

For soon-to-be parents, the classes will help prepare for birth while the post-natal classes will target stretched abdominal muscles.

For more information on the two, hour-long sessions email Kate.Gould@thnct@gould.plus.com or text Ivona on 07561 421 362.

REEBOK SPORTS CLUB

Free members massages

★ Indulge in a spot of relaxation after your lunchtime workout.

Reebok Sports Club, in Canada Square, is offering a free shoulder and back massage with Energise You to members on September 10.

The 15-minute sessions will be on a first come first served basis, between noon and 2pm, on the gym floor.

Success is meaningless if your health is ruined

WORK LIFE

Arianna Huffington tells **Abi Jackson** why she wants wellbeing to be considered as an indicator of success

As one of the world's most powerful women, Huff Post founder Arianna Huffington has spent a lifetime achieving success. Now in her 60s, she's slowing down (a little bit) and wants the world to do the same.

"Success is meaningless if you've destroyed your health, and success is meaningless if you've destroyed your relationships," she says.

Arianna Huffington is the best-selling author of 12 books and is best-known for launching The Huffington Post in 2005.

Arianna later sold Huff Post to AOL in a £200million deal, but remains as editor-in-chief. She is ranked 56th in Forbes' list of the world's most powerful women, and has the luxury homes, global kudos and wealth.

Today though, she is talking about the importance of smaller blessings.

"There's so much beauty around us, even in the most desolate urban areas. You can see a flower growing, or a sunset – whatever it is that gives you a lift," she says.

These weren't words I'd expected to hear from somebody with a hard-won reputation. But, in person, she's warm and friendly, listening intently and making you feel important.

Such attitudes certainly sit well with her new project – The Third Metric – which aims to make personal wellbeing a definition of success.

She came up with the Third Metric moniker as, historically, the two key metrics of success were money and power.

She'd like to see that change. Instead of "running on burn-out" constantly chasing every target, being hooked on smartphones 24/7 and sleeping shorter as our work hours get longer, we remember how to switch off and make time to look after our health and relationships.

But surely Arianna didn't end up the 56th most powerful woman in the world by going gooey over kittens?

"My mother taught me that failure is not the opposite of success; it's a stepping stone to success," she says.

It's this that gave her the courage to apply to Cambridge, after arriving in the UK from Greece aged 16 with her mother and sister, barely able to speak English. When her long-term relationship with *Times* columnist Bernard Levin ended (he didn't want marriage and kids, she did) she decamped to New York where she married.

Divorce followed 11 years on but Arianna had two daughters, now 22 and 24, whom she describes as "the biggest blessing in her life".

Her mother's positive view of failure remains



Arianna Huffington, above, addressing a conference on Third Metric – Redefining Success Beyond Money And Power

"It was a shock, a wake-up call," she says. "I'm sure that had I continued working as I was I would have ended up with serious long-term health consequences."

Thus began her lifestyle overhaul, which grew into the philosophy she's now determined to share with the world.

"It horrifies me when I hear of people who sleep with their phones and wake up and check their email when it blinks – that's insanity!" she says.

"Stress and lifestyle related illnesses are on the rise," she says. "Heart attacks, strokes, diabetes, and the number of people on antidepressants are skyrocketing."

Around one in five UK adults suffers anxiety or depression, NHS spending on sleeping pills is rising and stress accounted for over 10million lost workdays last year, and 40% of all work-related illnesses.

"These are very dramatic numbers and we cannot allow the situation to continue," she says.

She explains how she's introduced sleep pods at the Huff Post's New York offices so that staff can have naps ("I didn't think they'd catch on but they're constantly booked out") and made it a rule that nobody's expected to answer work emails out of hours or at weekends.

I meditate every morning and do yoga then at least three of four times a week I do real workouts at the gym."

Embracing the good life is all fine and dandy though, when you're a millionaire. But what about the regular folk. Does the Third Metric apply to the "non-successful" too?

"Absolutely. So often we're going down the street, buried in our latest crisis, worrying about what might happen, or dealing with recriminations about the past and we're missing so much."

She's already had a number of big company leaders, telling her they're taking steps to incorporate wellbeing into their workplaces.

But, at 63, is she ready to start thinking about the ultimate snub to work – retirement?

"No!" she exclaims, laughing. "No, I love too much what I'm doing. I've never thought of retiring."

in Arianna today: "If Bernard hadn't refused to marry me I wouldn't have my daughters, I wouldn't have started the *Huffington Post* and I wouldn't be here speaking to you now," she says, with a playful smile.

Of course, along the way, work dominated, until 2007, when it caught up with her. Her body's exhaustion tolerance reached breaking point and she collapsed, smashing her face on her desk and breaking her cheekbone. She needed five stitches – and a serious rethink.

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NEWS IN BRIEF

Business digest

Change culture for investment

TECH Large corporations should invest in startups according to their potential, not their bottom line, says Level39 incubator boss Eric Van der Kleij.

Assessing a start-up's strategic value rather than its earnings could change the investment landscape, he told V3.

"A US company like Facebook will acquire a company like Instagram for what is a ridiculous valuation. But it's not; it's a strategic value. Our European companies could do the same but historically they haven't, instead they've asked for a multiple of earnings to measure the value of businesses."



Tech chief calls for tax incentives

TECH Powa Technologies CEO Dan Wagner has called for tax incentives to boost startups.

He said: "I would like to see capital gains tax removed from the funding of start-up businesses. Any funds that are invested to create opportunities and jobs should see a full capital and profit return because of the great risks involved."

Alleo blends a winning formula

TRAINING A Greenwich-based social enterprise is sharing in the success of a young juice designer.

Entrepreneur Alleo Gordon was selected for Lewisham Council's Trainee Market Trader Scheme and picked up business tips for That Natural Stuff from staff at Greenwich Cooperative Development Agency (GCDA).

Alleo went on to scoop an enterprise award for his project.

He said: "I have a real desire to be a role model so young men can see that, regardless of upbringing, you can excel."

GCDA's Martin Gilmore said: "The juices he designs blow us all away."

Pop-up school to offer key advice

ENTREPRENEURS Pop Up Business School is heading to Poplar in October to help inspire people to start their own enterprises.

The event, starting on October 7 at Trussler Hall, will be on for two weeks with a different workshop each day. People are encouraged to dip in and out whenever they like.

Go to popupbusinessschool.co.uk for more information.



The Crystal has become a feature of the landscape by Royal Victoria Docks

Crystal turns on style for first anniversary

INNOVATION

Giles Broadbent
@wharf.co.uk

The Crystal celebrated its first anniversary this week passing the milestone of 100,000 visitors to the Royal Docks showpiece.

Siemens' urban development centre, beneath the Emirates Air Line, is the cornerstone of regeneration across the Royal Docks, signalling a focus on green, clean technology.

The distinctive building, which has the highest rating for its green credentials, set out to meet three functions – as a showroom for the German company's sustainable cities initiatives, as a hub for the company's experts and as a conference facility.

It added a fourth along the way – as a meeting place for the local community – and welcomed its 100,000th visitor on August 23.

Pedro Miranda, of Siemens' Global Centre of Competence Cities said: "The Crystal has turned out to be quite a success story. With only 12 months of operation it has become the world's most visited exhibition showcase on urban sustainability and a recognised international flagship for Siemens."



"It is now an indisputable global platform for collaboration amongst key city stakeholders, academia, businesses and the public."

To mark the anniversary of its opening, it has been hosting Sustainable Cities Week – with a cultural edge that the public could enjoy.

The Siemens Festival Nights brought the screening of operatic masterpieces to east London from the 2013 Salzburg Festival.

Featured among the conference

events, was a round-table discussion on city identity and culture and the inaugural City Climate Leadership awards launched by the C40 City Climate Leadership Group.

Beginning in October, Siemens will showcase its view of the future of London's underground transport.

The centrepiece of the exhibition will be a full-scale mock-up of a Siemens Inspiro metro train, plus a glimpse into an underground station of the future.

Business Traveller

News, tips, gadgets etc

Get an expensive taste of high life



LUXURY Duty free is often the perfect crime for a present to bring back for the guys and girls in the office after a trip away.

And at £16,000 this cognac should keep them happy.

There are just 738 bottles of Remy Martin Louis XIII Rare Cask 46,2 in existence. Encased in a black crystal decanter with a 22 carat rose gold ring around the neck, the cognac is presented in a detailed forged-metal "strongbox" – just to be safe.

London City is the first airport to stock it.



LUXURY Just bought your £260 iPad mini and worried about the knocks and bumps? How about forking out on a £426 natural ostrich skin case, soft to the touch while protecting against dust and scratches.

Ostrich leather is distinctive for its pattern of vacant quill follicles.

Go to lucrin.co.uk.

Why an annuity may not be the best deal

YOUR MONEY

Thousands of Britons reaching retirement each year use their hard-saved pension pot to buy an annuity, a financial plan that will give them a guaranteed income for the rest of their lives. But experts have warned that many pensioners will never get back all the money that they put in.

Annuity rates are set by insurance companies and buying one is a long-term investment decision as it will give you a fixed annual income for life.

This is a double-edged sword though – locking into an annuity gives you certainty about how much money you will have to live on throughout your retirement, but also



means that this fixed income may not take any later unexpected changes in your circumstances into account.

Ros Altmann, a former Downing Street pensions adviser, recently sparked a major debate by revealing the findings of new research about annuities, which are purchased by 400,000 people each year.

Dr Altmann says that many people buying an annuity at 65 will not see

any return on their money before they reach the age of 82 and will have to live until 90 before their purchase becomes "good value".

Annuity rates have been in decline in recent years as people live for longer. Pensions experts have also put the drops down to side-effects of the Bank of England's efforts to kick-start the economy.

Dr Altmann says: "Buying an annuity is considered the 'safe' thing to do. This is misguided. The 'safety' only means that the amount of income will be set for life."

If you purchase an annuity when you are still aged in your 60s – a relatively young age – and are in good health, you may run the risk of your income not reflecting a change in circumstances if you become ill.

So how can you get the most from an annuity?

The most important piece of advice is to shop around, an estimated £1 billion in potential retirement income is "thrown away" each year because people fail to do this.

The Association of British Insurers (ABI) has just started placing examples of the rates people could expect to get in different scenarios on its website at abi.org.uk/annuities.

Steve Gay, director of life, savings and protection at the ABI, says: "The answer is to save as much as possible during our working lives and to shop around for the best possible annuity deal for your circumstances."

"The alternatives risk a retirement of financial struggle and uncertainty."

Vicky Shaw

LondonEYE



TOBY MELVILLE



NEW LEADER

Prince Charles attends the installation of Ephraim Mirvis as chief rabbi, at St John's Wood Synagogue on Sunday, 2013. Mirvis vowed to remain traditional by barring women rabbis and same-sex marriage and facing a struggle to unite the nation's polarised Jewish community.

STEFAN WURMUTH



SMOKING LEMON

A damaged lemon in the window of a barbers shop in the City. People said the lemon was damaged from sunlight reflected by the Walkie Talkie tower, developed by Canary Wharf Group and Land Securities.

PHILIP BROWN



NO BOUNDARIES

Papai Simon Ole Mamai of the Maasai Cricket Warriors team from Kenya runs during a match against English team The Shed during The Last Man Stands cricket tournament at Dulwich sports ground in South London on Sunday.



STARTING GRID

David Hasselhoff and Hayley Roberts arrive at the world premiere of Rush at a cinema in Leicester Square, on Monday. The film, by Ron Howard, tells of the Formula One rivalry between James Hunt and Niki Lauda in 1976. It goes on general release on Friday, September 13, and will be reviewed in *The Wharf* next week.

OLIVIA HARRIS



NONE SHALL PASS

Police guard the entrance to Downing Street during a rally against the proposed attack on Syria last Wednesday. The Cabinet met on Thursday and heard that Britain could launch strikes against the Syrian regime without the backing of the United Nations, according to its own legal advice. Humanitarian intervention could allow action to take place.

the Road

Sport feel gives 4-series its edge

ROAD TEST

Matt Joy
The Wharf

Aside from the obvious reduction in the number of doors, BMW 4-Series models are marked out by a number of visual differences – only the bonnet is shared like its four-door cousin.

There are bigger headlights (with optional LEDs), a more aggressive front bumper, flared wheel arches and air breathers – small vents in the front wings that are primarily for improving aerodynamics but are also designed to catch the eye.

With the lower ride height and wider track there is an increased sense of purpose about the 4-Series.

On paper you might question paying more for fewer doors, but once you've seen it in the flesh it starts to make sense – this is one handsome beast. Skinnier-tyred versions might not look as slick, but a sensible person with an eye for the aesthetic will be selecting at least an 18-inch wheel.

On the inside there's the familiar



cabin layout, which manages to hit all the right notes.

The supportive seats, the crystal-clear instruments and the reassuring snap of all the buttons puts you at ease. It might only be a small change but the front seats are mounted 9mm lower than in the saloon, contributing to the sport feeling.

In the back there's a similar amount of room for passengers but the seats are sculpted to offer more support to keep them in place as you tackle a challenging road. The lower roofline means a fraction less headroom.

It's not just visual either. BMW claims the 4-Series has the lowest centre of gravity of any model in its range – something that is a crucial



Cynics have called the new 4-Series just a 3-Series Coupe – but there's more to the car than that.

FACTFILE

BMW 435i, £40,795

■ **Engine:** 3.0-litre petrol unit producing 302bhp.

■ **Transmission:** Eight-speed automatic driving the rear wheels.

■ **Performance:** Top speed 155mph, 0-62mph in 5.1 seconds.

■ **Economy:** 39.2mpg combined.

■ **Emissions:** 169g/km of CO₂.

element of good driving dynamics. And, perhaps unsurprisingly, it is the way the 4-Series tackles the bends that really shows it in its best light.

With sizeable wheels and tyres on this 435i version there is a huge amount of grip on offer, although when pressed there is sufficient power available to play the hooligan.

But the 4-Series is best savoured by being driven more smoothly, and enjoying the quick and accurate steering, excellent body control and

sheer enthusiasm – it tackles bends with a genuine joy to match any enthusiastic driver.

There's a rational case for saying that you can get 95 per cent of what the 4-Series offers from its only slightly more humble four-door siblings, but that would be missing the point.

Our verdict

More than just sleek looks

★★★★☆

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The mpg figures quoted are sourced from official EU-regulated test results obtained through laboratory testing. These are provided for comparability purposes only and may not reflect your actual driving results.

Retail sales only, subject to vehicle availability for vehicles registered between 01.07.2013 and 30.09.2013 at participating dealers. T&C apply. *0% finance available on all Mazda2, Mazda3 and Mazda MX-5 models. Examples shown: Mazda2 1.3 5dr TS Air Con. £169 per month with an Optional Final Payment of £3,402. Mazda3 1.6 5dr Tanura. £249 per month with an Optional Final Payment of £4,583 and Mazda MX-5 1.8i SE Air Con. £255 per month with Optional Final Payment of £4,964 are based on 9,000 miles per annum over 42 months on Mazda Personal Contract Purchase and include dealer contribution.

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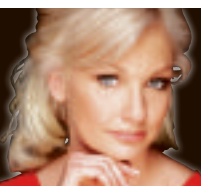
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With Claire Petulengro



AQUARIUS

JAN 21-FEB 19

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Fresh ideas come that allow you to think outside the box. Keep news you learnt last weekend under wraps until later this week. Go ahead, play it cool.

PISCES

FEB 20-MAR 20

For more call 0905 817 2071

Take little steps, not big ones, Pisces. That way you won't risk tripping and falling back. The direction you're headed in will get you there in the end.

ARIES

MAR 21-APR 21

For more call 0905 817 2060

Who controls your choices Aries? You do. It's just taking you a while to realise this. It's time to let go of what and who is not working. Be very selective.

TAURUS

APR 22-MAY 21

For more call 0905 817 2061

You're a kind hearted soul, Taurus. Sometimes too kind in fact. Make sure you're not losing sight of who you are. Travel and work go well for you right now.

GEMINI

MAY 22-JUNE 21

For more call 0905 817 2062

News of a new partnership could see you asking too many personal questions and being accused of having feelings which are inappropriate. Go wisely.

CANCER

JUNE 22-JULY 23

For more call 0905 817 2063

It will pay you to go to a higher power to make sure things are done right. Don't cut corners, as you're closer than you think to things working out Cancer.

LEO

JULY 23-AUG 23

For more call 0905 817 2064

Breaking old habits is hard, I know but I also know you have the strength right now to make changes to your life. Don't break up a friendship over small stuff.

VIRGO

AUG 23-SEPT 23

For more call 0905 817 2065

Time spent alone thinking about what this last year has meant can help you work out a new plan for the future. A growing friendship has everything.

LIBRA

SEPT 24-OCT 23

For more call 0905 817 2066

You seem to be working at a slower pace today and you may find it hard to tick everything off of your list. Get your priorities in order so you can really achieve.

SCORPIO

OCT 24-NOV 21

For more call 0905 817 2067

You'll thank me later if you keep your opinions to yourself. It won't be until tomorrow that you'll find out all of the facts so, for now watch and study.

SAGITTARIUS

NOV 22-DEC 22

For more call 0905 817 2068

Don't put up walls, but look for the potential in every opportunity today. You're about to learn you can get what you want, if you can master feelings.

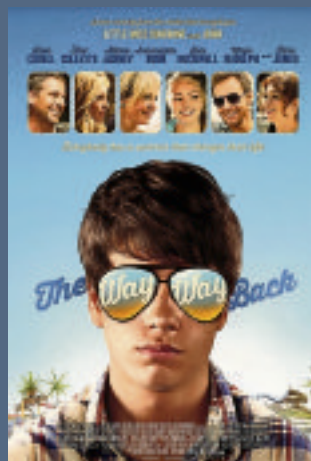
CAPRICORN

DEC 23-JAN 20

For more call 0905 817 2069

News of a split in your circle could prompt you to say things which you've felt all along, but you'd be far better, Capricorn, to keep your feelings to yourself.

Dinner and a Movie

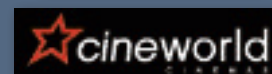


★ Fancy winning dinner and a movie for you and a friend? Then picking up a goodie bag? We've teamed up with West India Quay's Via and Cineworld West India Quay to offer two pizzas, two bottles of Peroni (or a bottle of wine) and a pair of tickets to the cinema along with a gift pack for rite-of-passage comedy *The Way, Way Back*.

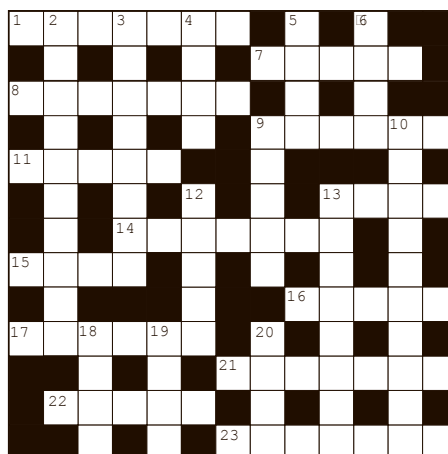
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To be in with a chance of winning, just complete the name of Cineworld West India Quay's campaign – Summer In The C-Y. Email your answer to newsdesk@wharf.co.uk with "Movie Night" in the subject line. The closing date for entries is September 12, 2013. You must include your name and postal address.



Crossword



ACROSS

- Steal the show from (7)
- Wild (5)
- Coarse common fern (7)
- Muscle type (6)
- Hector (5)
- Earth's satellite (4)
- Mean or miserly person (7)
- Marries (4)
- Person's private book (5)
- Glow-worm, say (6)
- Burglary (5-2)
- Broom of twigs (5)
- Feeler (7)

DOWN

- Foreign language (10)
- Indiscreet (8)
- Great delight (4)
- Abominable snowman (4)
- Back of the neck (4)
- Truncheon (5)
- Ratio (10)
- Group of lions (5)
- Ponder (8)
- Paradise (4)
- Plunder (4)
- Grain husks (4)

ACROSS: 1. Upstage; 7. Feral; 8. Bracken; 9. Biceps; 11. Bully; 13. Moony; 14. Scrooge; 15. Weds; 16. Diary; 17. Beetle; 21. Break-in; 22. Besom; 23. Antenna. DOWN: 2. Portuguese; 3. Tactless; 4. Glee; 5. Yell; 6. Nape; 9. Baton; 10. Proportion; 12. Pride; 13. Meditate; 18. Eden; 19. Loot; 20. Bran.

Sudoku

EASY

6	8	2	1	9	3	7	5	4
	3	4	6	8				
9	5	1		2	7		6	3
2	4			5			3	6
	6	3		4		1	8	7
	7			8		4	2	
3	9			2	4	1		
4		5	8	1	6	3	7	
	1		9	3		6	2	

HARD

5				8				
				2				
6		2					3	
				1			7	
		4	2				9	8
1		6			5			
								4
	1				4	5	8	3
7		5		1				

GUIDE

In order to complete Sudoku, readers should fill in each of the grids so that every column, row and 3x3 box within the squares to the left contains the digits 1 to 9. No repetition of digits is allowed within any of the sequences. Why not time yourself and see whether you can beat your best with next week's puzzles?

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The Wharf's Sudoku puzzles are supplied by sudoku-puzzles.net
For more free brain teasers including Futoshiki, Nonogram and Samurai, go to the website

Sport

Club settle in tribunal claim

CHARLTON Athletic Football Club has settled out of court with a high-ranking employee sacked last year.

Formerly head of club development at the Championship team, Rick Everitt was making an unfair dismissal claim, which was due to take place at the Employment Tribunals in West Croydon on Monday.

However, the court heard Mr Everitt, from Ramsgate in Kent, had withdrawn his action after reaching a confidential agreement with the club.

Striker puzzled over Addicks' start

CHARLTON

Rob.Virtue
@wharf.co.uk

CHARLTON striker Yann Kermorgant says he finds it hard to understand why the Addicks have had a slow start to the season.

But the former Leicester striker believes victory over his old side last weekend has sent a message to the rest of the league.

Kermorgant, who scored the second goal in a 2-1 victory on Saturday for

the Addicks first win of the season, said: "We finished well last year so you'd expect to start well this season. It's strange because we haven't really changed the team so we haven't had to gel with new players.

"The first game we lost away at Bournemouth and that put pressure on us for the game against Middlesbrough, who are a decent team, and we didn't play well and lost. We then were thinking we really have to win, we have to win. "Barnsley was the same. We didn't



Yann Kermorgant

start well and were losing 2-0 and came back to 2-2. But today was a great response because Leicester are the best team we've played and it was a good day to win and show we should be higher in the Championship."

The Frenchman is beginning to form a good relationship with strike partner Simon Church, who has scored three goals already for the

Addicks this season following a move from Reading.

He said: "I enjoy it. He's a player who makes the runs in the channels. He wants the ball and will score goals and I like to play a bit deeper so we're a good complement for each other. And he works hard and that helps the team defend."

Meanwhile, the Addicks have signed winger Cameron Stewart on loan from Hull City until January. Midfielder Danny Green has joined MK Dons for six weeks.

Carlton returns as injuries hurt

WEST HAM

Joe out and Carlton back in as Sam sees Downing and Diarra limping off

Giles.Broadbent
@wharf.co.uk

West Ham's unexpected 1-0 loss at home to Stoke might be written off as a bad day in the office but the injury woes have a longer term sting.

Impact signing Stewart Downing could be out for three weeks after suffering a leg injury in the defeat, Joe Cole could miss as many as four matches with a cruciate ligament injury while Alou Diarra's season is over after he was crocked in the Capital One cup win last week.

Manager Sam Allardyce: "The injury is more serious than we expected and it is an [anterior cruciate ligament] reconstruction unfortunately."

With these midfielders sidelined, the imminent departure of Ricardo Vaz Te to Crystal Palace may take its toll.

Meanwhile Andy Carroll continues his rehabilitation but, without the presence of a frontman, the club have taken the unusual step of looking to re-sign Carlton Cole who was released just two months ago.

The centre-forward walked away from Upton



Carlton Cole scores against Chelsea in 2012

Park earlier in the summer when he couldn't agree a contract renewal but he has since failed to land an alternative berth.

West Ham concluded most of their transfer business early in the summer, landing Carroll, Downing, Razvan Rat, Adrian and teenage Stockport County midfielder Danny Whitehead.

Nevertheless, joint chairman David Sullivan and Allardyce spent the eve of the transfer window closure trying to land three more international strikers. All of them decided to head for clubs with European football.

One of them is believed to be Juventus striker Fabio Quagliarella, whose move fell apart after the Italian side failed to sign a replacement.

A number of players left the club, with Gary O'Neil joining Queens Park Rangers and Rob Hall moving to Bolton Wanderers. Emanuel Pogatzetz and Declan Hunt have also left while Jordan Spence has been loaned to Sheffield Wednesday.

Weekend Flutter

FOOTBALL

Fourth-placed Poland have flown under the radar in World Cup qualifying Group H but they can make a splash by beating Montenegro in Warsaw. The Poles need a strong finish and the goal-scoring prowess of Robert Lewandowski can help them overcome the section leaders. Recommendation: Poland
Dan Childs

RACING

The Betfred Sprint Cup takes place at Haydock this Saturday and Lethal Force can get back to winning ways dropping back to 6f. The four-year-old tried to make it a hat-trick of consecutive Group 1 wins in France last time out over 7f, but went down on his sword. This race looks perfect for him and he rates as the one to beat.
Ed Quigley

For daily expert advice, top tips and the latest news from our experts go to racingpost.com

RACING POST

Final clearance for musical run

EVENT Run to the Beat 2013 will see more than 19,000 competitors tackle a 13.1mile course, starting and finishing in the grounds of Greenwich Park on Sunday.

Greenwich Council gave the green light to a variety of stages and sound systems to be installed throughout the route.

The new, anti-clockwise route was revised for this year's event to bypass Woolwich and make up the distance in the park grounds.

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THE FANS'
ROAR

By Ian Toal



Millwall Supporters Club



Last minute heartbreaks keep Lions in the dumps

The Lions went to Nottingham Forest's City ground looking for a win, not particularly to progress into the next round of the Capital One cup, but to boost their confidence.

With four league games without a win, and only gaining a point at Hillsborough, Millwall have been bobbing around the bottom of the league table.

Steve Lomas has done well bringing in players over the summer, but none of them have produced the goods leaving the fans frustrated.

The Lions were by far the better side at Forest, but couldn't seem to make anything of their time in possession.

Millwall cancelled out Forest's 59th minute strike in the 86th minute when Liam Feeney fired in a low shot.

Just as things looked like they were going to be a stalemate and extra time, Forest's Jamie Paterson sent a corner into the area, Greg Halford nodded it on to Jamaal Lascelles who put it in the back of the Lions net.



Dexter Blackstock of Forest battles with Richard Chaplow of Millwall

The Lions headed to Brighton four days later now without Capital Cup to worry about. We were lucky to get a Saturday kick-off after two seasons of evening ties.

Brighton is always a lively affair for Millwall fans but was forgettable until six minutes of the second half had gone. Martyn Woodford astonishingly found the back of the net for the Lions. The referee then

started to irritate Millwall fans, allowing the Brighton players to roll around the pitch as if they'd been shot. From then on, we sensed a could see the Brighton goal coming.

The first came, but was disallowed with a push from Leonardo Ulloa. Then as if to even things up for Brighton in the 76th minute, the referee gave Millwall's Alan Dunne a second yellow card for a tackle in which he clearly got the ball.

This sent Dunne off for an early bath and left the Lions down to 10 men.

The momentum of the game was swinging in Brighton's direction and it was only a matter of time before they scored.

They saved the heartbreak to the last minute when Ulloa found the goal.

A point away from home isn't such a disaster, but we've only scraped two points in five games which doesn't look very promising either.

Ayse Smith
Ian Toal is away

Lions bring in Ben to shore up defence

BASKETBALL

LONDON Lions head coach Vince Macaulay has added 23-year-old shooting guard Ben Smith to the team ahead of the season start later this month.

The 6ft 5in American has been a stand-out player with the Wichita State basketball team leading them to an NIT Championship in 2011 and to the Missouri Valley Conference title in 2012.

Macaulay said: "We've stated that defence is going to be key for us this season. Ben is a real defensive specialist going up against some top players in his college career, but he's also a clutch player, has a great 40 per cent record at the three point line and is used to stepping up in big games."

Smith makes London his first stop in his professional career and is keen to get started.

He said: "I'm very happy for this opportunity. The Lions have achieved a lot in this past year and I've seen pictures of our home at the Copper Box Arena and can't wait to meet the fans and get to work there."

The Lions still have early bird season ticket offers for games including a free varsity jacket.

The Lions go into action against Manchester Giants on the September 27.

Kay Lockett



Shooting guard Ben Smith

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EAT LIKE A CHAMP

with Diversity at The Danone Nations Cup World Final



Eat Like a Champ is an award-winning healthy eating education programme for primary schools created by Danone UK in collaboration with the British Nutrition Foundation, in support of Change 4 Life.

Eat Like a Champ's objective is to help tackle the growing issue of poor nutrition amongst children by inspiring them to adopt the healthier eating habits of stars they admire, in this case Britain's Got Talent Winners. Diversity have been ambassadors since 2010. Independent research by the Children's Food Trust found that pupils who participated in Eat Like a Champ shifted their

behaviours towards healthier eating habits.

In order to promote the initiative, Diversity will be doing a special performance at the Danone Nations Cup World Final at Wembley Stadium on September 7th. The Danone Nations Cup is the world's largest international football tournament for 10-12 year olds and has been running since 2000. From England to Indonesia, China to Mexico, up to 32 countries participate each year in making the dreams of some 2.5 million boys and girls come true through a unique and unforgettable experience.

In its 14 year history, this is the first time the event has come to the UK. The tournament showcases football's future stars who will have the chance to play in a series of competitive matches in front of footballing icons including Zinedine Zidane, Tom and Paul Ince.

There will be a festival atmosphere at the World Final and a host of entertainment for all the family including: face painters, football freestylers and loads of interactive stands promoting healthy eating and advice on how budding young players can Eat Like a Champ.



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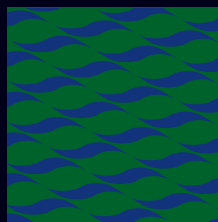
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PROPERTY

Wharf

Canary Wharf's leading property guide



Greenwich flats offer a glimpse of the office

P18

Things to keep in mind when going to a lender

P19

2

of the best properties available in Docklands

P18



Get this view for less than £250k on Island

We look at what you can buy in East End for £250,000 [Pages 20-21](#)



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Beth.Allcock
[@wharf.co.uk](https://twitter.com/wharf.co.uk)

Luxury duplex apartments offering new residents a visual treat have been released onto the market.

The two-bedroom properties at Family Mosaic's Central Park development signal the final stage of the Jubilee Heights section of the home builder's scheme.

Floor to ceiling windows and a balcony or terrace for each home will allow buyers to both marvel at and pinpoint the architecture forming London's skyline.

Inside, they can enjoy 1,200sq ft of living space, decked out with hardwood oak flooring throughout and wool carpets adding an extra level of luxury in the bedrooms and on mezzanines.

Kitchens are open-plan and finished with black granite worktops, high-



The exterior of Jubilee Heights at the Central Park development

gloss cabinets and integrated Bosch and Zanussi appliances.

Lauren Nicholson, of Family Mosaic, said: "We're excited to see this phase of Central Park come to an end and are very proud to offer these high speci-

W What does the developer say?

"We're excited to see this phase of Central Park come to an end and are very proud to offer these high specification duplexes."

Lauren Nicholson

cation duplexes as the last properties at Jubilee Heights. Family Mosaic is committed to providing high quality homes and here, at this development, we believe we have done just that."

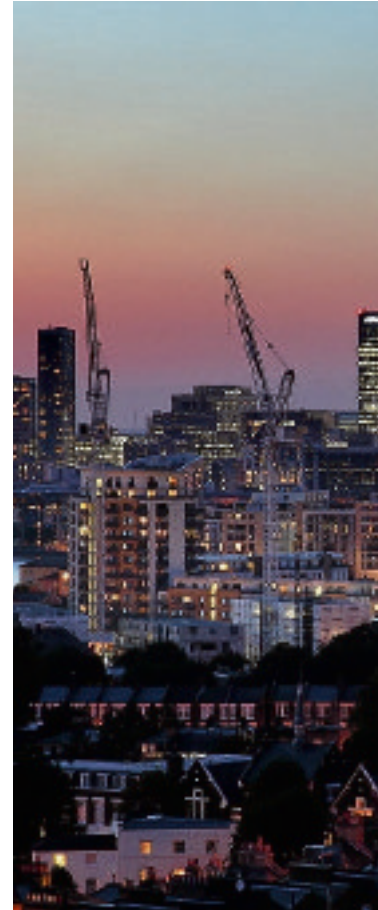
The SE10 development is also leading the way on green energy, taking its place as one of the few in the capital to offer charging points for electric cars, as well as a low-emission car rental scheme.

Further eco-friendly points are awarded for its district heating system, solar panels, bat boxes and bio-diverse green roofing.

For those travelling to the Wharf, Greenwich DLR and mainline station is less than 10 minutes' walk for a 12-minute connection to the estate.

Prices for homes at the development start at £610,000.

Go to centralparkliving.co.uk.



The view from the flats



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HOMEFRONT

By Dawn Sandoval



Dawn Sandoval MNAEA is an independent property consultant working in the Canary Wharf area - call 020 7093 1702. Every effort is made to ensure accuracy. Individual cases must be studied by a solicitor.

Vital questions to ask pre-mortgage

Q I have decided I have had enough of throwing my money down the drain by renting and am seriously considering buying my first property especially with all the Government's latest schemes to entice people like me into the market. The only thing is, I have no idea whether I would be eligible for a mortgage. Are you able to give me a rough idea of reasons I could be turned down by a lender?

A The decision to buy is a very sensible one. Paying rent really is dead money and I would encourage anyone who is losing funds in this way to consider purchasing as soon as they are in a position to do so.

And that's the crux of your problem. How do you know if you are eligible?

Following on from the credit crunch lenders are much more cautious today about who they give their cash to. Tough criteria must be met to part them from their money.

In a recent survey by Rightmove, buyers were asked to give the main reason they were turned down for a mortgage and these were the top five:



Sit down with a financial adviser and see whether you're in a position to purchase

- Low credit score.
- Insufficient deposit.
- Bad debt history.
- Failed affordability assessment.
- Self-employment or gaps in employment history.

The list remained generally the same across buyer groups with a slight reshuffling of the top positions.

First and second-time buyers were primarily turned down for low credit scores while bad debt history was the main deal breaker for those purchasing a home for the third time or more.

For investors, the leading cause for refusal was self-employment or gaps in employment.

So, while facing up to the

deposit hurdle and finding a suitable home remain two of the principal concerns about buying for prospective purchasers in today's market, make sure you've considered the list above before you take that final step and apply for a mortgage.

First of all analyse the situation from those key points. If one of those is likely to be a problem, can you do anything to change it before taking the next step?

I would strongly recommend you contact a financial adviser before you even look at a property and sit down with them to see if you are in a position to buy. This will prevent disappointment further down the line.



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What you can get in East End for the price of a spruced garage in Highgate

Studio conversion in the north translates to a proper flat on the Isle of Dogs

Beth.Allcock
@wharf.co.uk

With a £250,000 price tag slapped on a one-bedroom studio garage in Highgate, north London, can buyers with the same budget get a little more for their cash in Canary Wharf and the east of the capital?

While Cory Askew, area director for Chesterton Humberts, admitted the task would not be an easy one, he suggested buyers should look to the south of the Isle of Dogs for the best chance of discovering a property within their price bracket.

He said the bulk of these homes would be within developments built in the '80s or '90s.

"If you look at the southern part of the Island, in some developments you would find a one-bedroom or maybe a one-bedroom with river views for £250,000," he said.



Chesterton Humberts Cory Askew says £250,000 will buy a one-bed here

"As you go closer to Canary Wharf and the glass and steel structures that make up the north part of the Isle of Dogs, with Pan Peninsula and Canary Riverside, I doubt there's ever anything worth £250,000 on the books.

"In this area, it is one-bedrooms and studios that are in high demand and short in supply, and the demand

is particularly strong from first-time buyers certainly and investors.

"We do see quite a lot of interest in these – particularly because everyone wants to keep under the stamp duty limit of £250,000.

"If you go over by £1 extra that's £5,000 in costs you have to find. It's not easy.

"With the kind of people who come to Canary Wharf, you generally don't find buyers saying their budget is a maximum of £250,000. When you do, we have only generally got a few options and, if it's a first-time buyer looking for a two-bedroom home for £250,000, the opportunities are even harder to come by.

"It would be a studio, or a one-bedroom flat down on the Island or an ex-local authority apartment."

Although it may be a tricky task, Cory said Chesterton Humberts currently had two such properties on its books that would perfectly fit the bill for eager property hunters.

The first, a two-bedroom ex local authority apartment on the 18th floor of the Elmslie Point development in Leopold Street E3, has an asking price of £228,000.

And it is the home's south-facing views of Canary Wharf that are sure to impress.

Cory said: "I know people have certain images of what ex-local authority blocks are like but this is nice. Its got artwork in the building and it's all about the views.

"It's priced very reasonably and if you go further up Burdett Road it is a little rougher, but certainly not gangland territory.

"You can pick up some good stuff property-wise."

If you fancy something a little closer to the hustle and bustle of the Wharf, Cory said an 11th floor studio flat at Ballymore's New Providence Wharf scheme, priced at £229,950, might suit.

"People who are viewing it are Monday-to-Friday workers on the Wharf who are buying a flat because it's more economic rather than staying in a hotel room," he said.

With many properties exceeding the £250,000 budget-mark Cory said agents were currently "making hay" – a trend he expects to continue with the Government's Help to Buy scheme soon to be opened up to buyers who already own property.

"Certainly in the Canary Wharf market, our futures as agents are tied inextricably with what happens in the financial services sector," he said.

"If the banks are all doing well and are relatively upbeat, we find our business is very good. There's certainly a lot more optimism there.

"The time to start worrying is when the banks start raising fixed mortgage rates – that would take the wind out of our sails – but it would have to go up a long way to make that much impact." Go to chestertonhumberts.com for more information.

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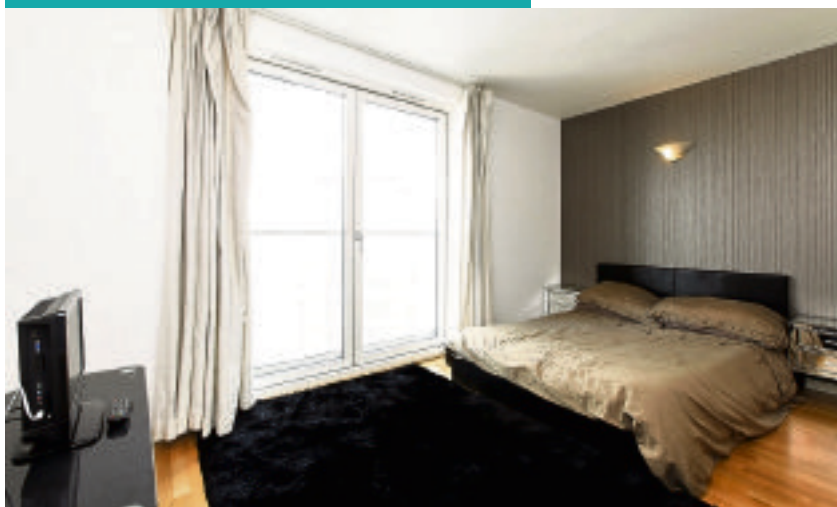
TWO-BED

Buyers with £250k to spend could find themselves in Elmslie Point, left. There's an ex-local authority property available on the 18th floor of the tower for **£228,000** with great views up the Island to Canary Wharf



STUDIO STYLE

Left and below, buyers with a budget of £250k might like to consider a studio apartment at New Providence Wharf, currently on the market with Chesterton Humberts at **£229,950**



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£300 PER WEEK
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BOW, E3 £209,950 L/H

W.J.Meade are pleased to offer this two bedroom apartment on the second floor of a modern block. Arranged over 550 sq ft, with open plan kitchen to reception and fitted bathroom. Situated close to Devons Road and Bow Church DLR stations. Chain free. Energy Rating C.

Tel: 0208 981 3331

meade sales lettings valuations



BOW, E3 £199,950 L/H

W.J.Meade are pleased to offer this first floor two bedroom apartment in a modern block. Open plan kitchen to reception, fitted bathroom and gas central heating (untested). Situated close to Devons Road and Bow Church DLR stations. Chain free.

Tel: 0208 981 3331

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the power of advertising
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Public Notices

meade sales lettings valuations



PUBLIC NOTICE

**Flat 6, 92 Campbell Road,
Bow, London, E3 4EA**

We are acting in the sale of the above property and have received an offer of £199,950 on the above property. Any interested parties must submit any higher offers in writing to the selling agent before exchange of contracts takes place.

Tel: 0208 981 3331

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the right
places...**



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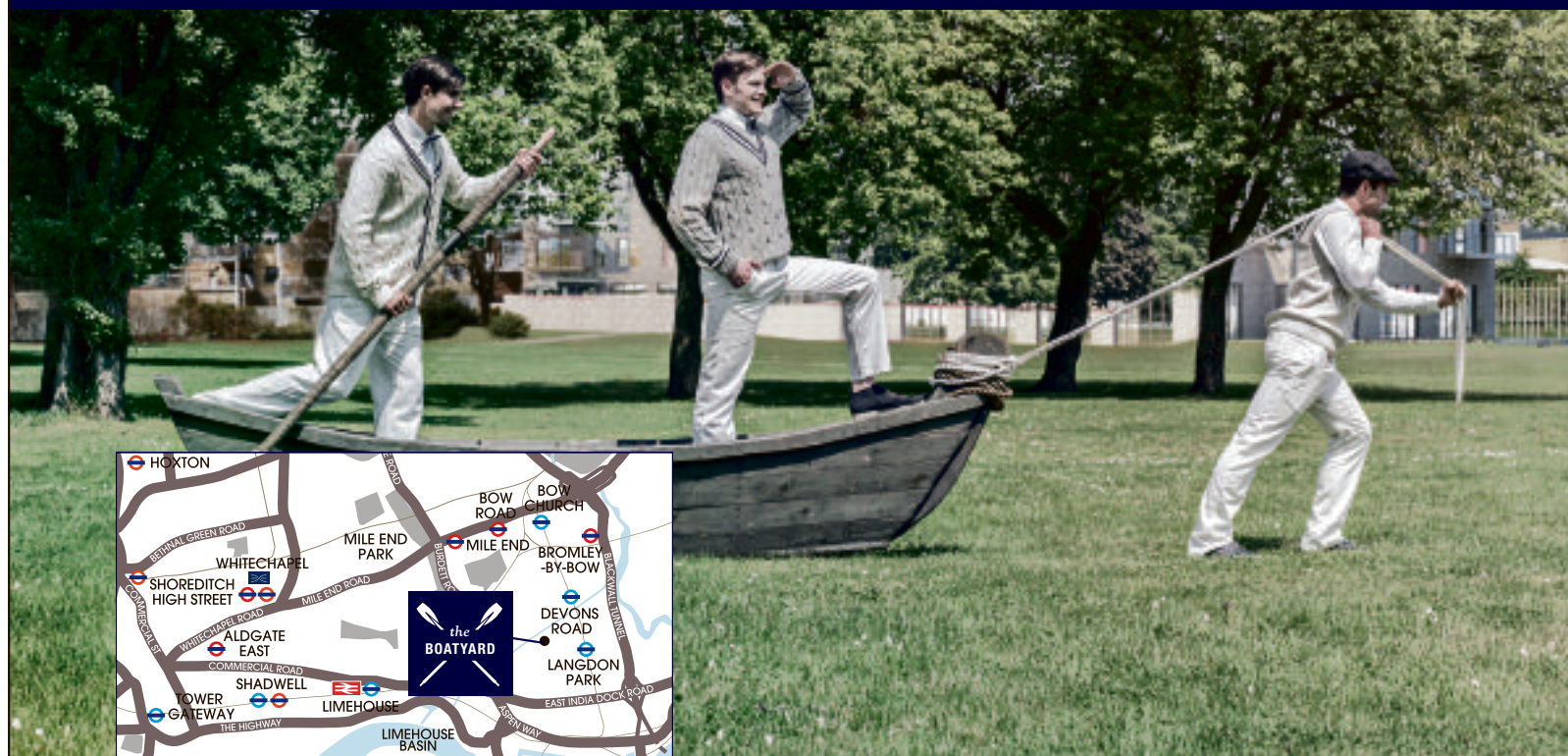


Limehouse, London E14

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*Prices correct at time of going to press. Map not to scale.


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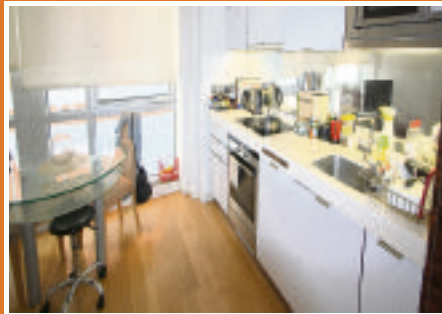
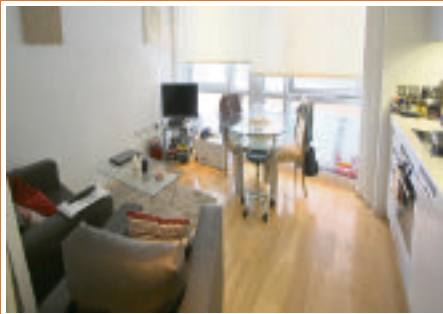
t 020 7538 5554

Surrey Quays office

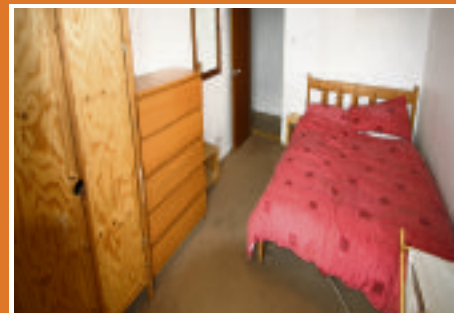
192 Lower Road, Surrey Quays, London SE16 2UN

e surreyquays@hollandproperties.co.uk

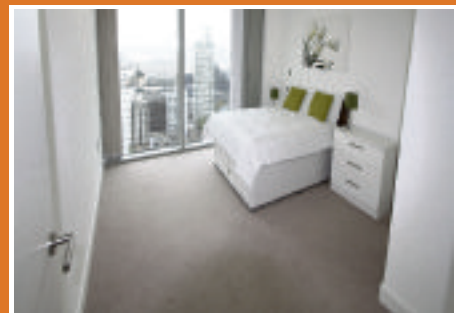
t 020 7231 8160

**Ontario Tower, E14**

A fantastic large studio apartment which has just been newly refurbished. Newly repainted, bright and spacious, large floor-to ceiling windows, heating and air conditioning, wooden floors, marble bathroom, gym, swimming pool, water included in price, 24 hour concierge.

£295 p/w**Vermeer Court, E14**

Spacious three bedroom apartment. Large reception room with dining area and fully fitted open plan kitchen. River views, 2 balconies, wooden floors and fully furnished. Three double bedrooms and 2 bathrooms. Off street parking, and within easy walking distance to Cross Harbour DLR.

£480 p/w**Landmark Tower East, E14**

A stunning three bedroom penthouse apartment. Fully furnished to the highest standard with secure parking. Stunning waterside views plus Canary Wharf and The City. The development features 24 concierge, and residents' private gym. Only moments walk to Canary Wharf.

£1400 p/w**RESIDENTIAL AND COMMERCIAL PROPERTY CONSULTANTS**
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**PRICES FROM
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LINCOLN PLAZA, E14



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- Suites, 1, 2 & 3 bedroom apartments
- On-site Health Club & Spa, Cinema and Business Lounge
- 22nd level residents' Sky Lounge
- Adjacent to South Quay DLR station providing easy access to the City of London
- 5 minutes from the heart of Canary Wharf, with its offices, shops, restaurants and leisure outlets

All prices correct at time of going to press | Journey times stated are approximate.

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3 BED PENTHOUSES
**PRICES ON
APPLICATION**

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Exclusive Greenwich riverside living

- Thameside village with walkways, gardens and fabulous riverside views
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- 5 minutes from Greenwich town centre, Cutty Sark and transport links
- Underground parking & 24-hour security

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Development set around tree lined boulevard & garden squares

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- 1, 2 & 3 bed apartments
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Apollo Building, E14

- Duplex penthouse
- River views
- Roof terrace
- Two bedrooms

£825,000

Leasehold



Poseidon Court, E14

- Two bedrooms
- Leisure complex
- River views
- Two bathrooms

£450,000

Leasehold



Horseferry Road, E14

- One bedroom
- Close to Limehouse DLR
- 2nd floor
- Chain free

£270,000

Leasehold



Proton Tower, E14

- One bedroom
- Balcony
- Fifteenth floor
- River views

£275,000

Leasehold



St Johns Wharf, E1W

- Warehouse conversion
- Two bedrooms
- Exposed brickwork
- Awesome views

£850,000

S/O/F



Narrow Street, E14

- Two bedrooms
- Secure parking
- River views
- Two bathrooms

£640,000

Leasehold



Reservoir Studios, Limehouse, E1W

- Large Studio
- Gated Development
- Fully fitted Kitchen
- Allocated Parking

£270 per week



Island Row, Limehouse, E14

- One Double Bedroom
- Allocated Parking
- Ample Storage
- Close to DLR Station

£310 per week



Berglen Court, Limehouse, E14

- 2 Double Bedrooms
- Popular Development
- Concierge
- Close to DLR

£425 per week



Times Square, Tower Hill, E1

- Two Double Bedrooms
- Modern Development
- 24 Hour Concierge
- Selection of Transport Links

£495 per week



The Odyssey, Canary Wharf E14

- Two Double Bedrooms
- Spectacular River Views
- Concierge
- Underground Parking

£650 per week



Basin Approach, Limehouse, E14

- Two Double Bedrooms
- Unfurnished
- Portered Development
- Underground Parking

£425 per week

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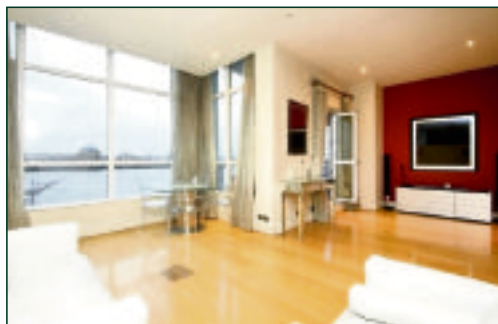
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www.rubiconestates.co.uk

LETTINGS: 02075109982

info@rubiconestates.co.uk

Rubicon Estate Agents Ltd, 65 Narrow Street, London, E14 8DP

 Chase Evans

Canary Riverside, E14 **£825,000 L/H**

Luxury, two bedroom, two bathroom apartment with direct river Thames views in one of Canary Wharf's most sought after developments. Full height windows, wooden flooring, fully integrated kitchen, balcony and parking. 24 Hour concierge service and an on-site spa complex.

Canary Wharf 020 7515 1000


St Davids Square, E14 **£560,000 L/H**

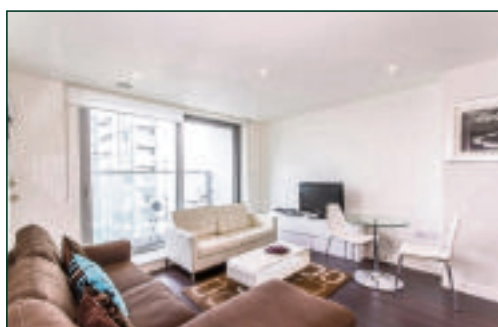
Two double bedroom, two bathroom, 3rd floor apartment with corner balcony off the reception room with floor to ceiling, full width windows offering direct river Thames and Greenwich views. Residents facilities include a 24 hour concierge service, swimming pool and gymnasium.

Docklands 020 7510 8444


The Odyssey, E14 **£465,000 L/H**

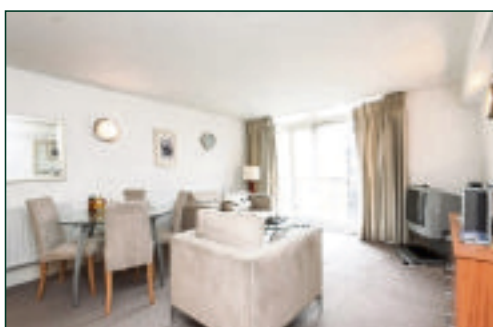
Spacious two bedroom, two bathroom apartment on the fourth floor of this riverside development with 24 hour concierge and residents' gym. The property benefits from open plan kitchen, balcony with views of the river Thames and allocated parking.

Docklands 020 7510 8444


Pan Peninsula, E14 **£424,999 L/H**

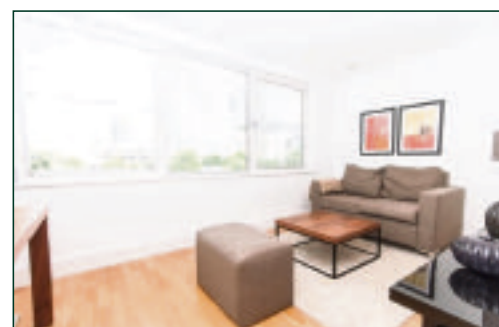
One bedroom property with wood floors, comfort cooling, marble bathroom and an east facing balcony on the tenth floor of this high specification development situated close to Canary Wharf with fully staffed fitness suite, 48th floor cocktail bar and on-site restaurant.

Pan Peninsula 020 7536 7900


Canary Central, E14 **£335,000 L/H**

One bedroom, fourth floor, balcony apartment with secure underground parking in the popular Canary Central development located within walking distance of Canary Wharf and offering 24hr concierge service, swimming pool, gymnasium, sauna and Jacuzzi.

Canary Wharf 020 7515 1000


Indecon Square, E14 **£300,000 L/H**

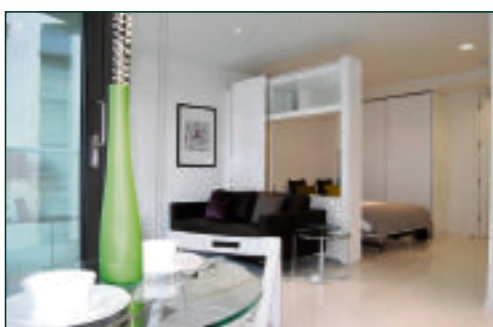
Studio suite set on the fourth floor of this striking building situated within a landscaped development benefiting from a 24 hour concierge service. Separate sleeping area, fully integrated and appliances kitchen, tiled shower room, wood flooring and built in storage.

Pan Peninsula 020 7536 7900


Port East, E14 **£625 pw**

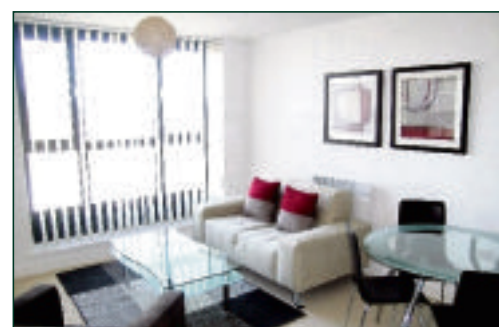
First floor, south east facing, two double bedroom, two bathroom, furnished apartment set in this luxury warehouse conversion opposite Canary Wharf. The property features exposed brickwork and beams, wooden flooring, concierge service and secure parking.

Canary Wharf 020 7515 1000


Baltimore Wharf, E14 **£320 pw**

A contemporary studio suite with separate sleeping and living areas, a good sized open-plan kitchen with integrated appliances, shower room, balcony and 24 hour concierge and security. Ideally located within walking distance of Canary Wharf and close to transport routes and shops.

Pan Peninsula 020 7536 7900


The Sphere, E16 **£280 pw**

Designer furnished, one double bedroom apartment situated on the 2nd floor of this popular development just minutes from Canning Town DLR and tube station. Fully fitted kitchen with integrated appliances, luxury four-piece bathroom suite and 24 hour security.

Docklands 020 7510 8444

Canary Wharf office

Horizon Building, 15 Hertsmere Road, London E14 4AW

Tel: 020 7515 1000 | canarywharf@chaseevans.co.uk

Pan Peninsula office

Pan Peninsula, 1 Millharbour, London E14 9XP

Tel: 020 7536 7900 | panpeninsula@chaseevans.co.uk

Docklands office

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PUBLIC NOTICE

**62 Miles Close, Thamesmead, London, SE28 0NJ.**

EPC D.

We are acting in the sale of the above property and have received an offer of £157,500.

Any interested parties must submit any higher offers in writing to the selling agent before an exchange of contracts takes place.

PUBLIC NOTICE

Spencer James are now in receipt of an offer for the sum of £170,000 for

Flat 7 The Renovation, 4 Woolwich Manor Way, E16 2GE.

Anyone wishing to place an offer on the property should contact Spencer James of 8 Hartlepool Court, Galleons Lock, E16 2RL on 0207 474 3636 prior to exchange of contracts.



North Woolwich, E16

- Offered Chain Free
- One Double Bedroom Apartment
- Partial River Views
- Open Plan Fitted Kitchen
- Energy Efficiency Rating C

£165,000 Leasehold

Galleons Lock, E16

- Offered Chain Free
- Two Bedroom & Two Bathroom Apartment
- Views Over The Lock
- Communal Parking
- Close To Local Amenities

£235,000 Leasehold

Galleons Lock, E16

- Rare Duplex Apartment
- Three Bedrooms & Two Bathrooms
- Separate Fully Fitted Kitchen
- Private Balcony Overlooking The Dock
- Street Parking

£330,000 Leasehold

Galleons Lock, E16

- Two Bedroom & Two Bathroom Apartment
- Offered Chain Free
- Direct Views Of The Lock
- Off Street Parking
- Close To Local Amenities

£229,999 Leasehold

Galleons Lock, E16

- First Floor One Bedroom Apartment
- Separate Fitted Kitchen
- Communal Parking
- 24hour On-site Security
- Close To Local Amenities

£210 PW Fully Furnished

Royal Quay, E16

- Third Floor Two Bedroom & Two Bathroom Apartment
- Private Balcony
- Secure Underground Parking
- Close To Local Amenities
- Popular Development

£310 PW Fully Furnished

Galleons Lock, E16

- One Bedroom Apartment
- One Bedroom Apartment
- Fully Fitted Kitchen
- Air Conditioning
- Large Rear Garden

£230 PW Fully Furnished

Galleons Lock, E16

- Two Bedroom & Two Bathroom Apartment
- Large Reception Room
- Open Plan Fitted Kitchen
- Balcony With River Views
- Secure Underground Parking

£290 PW Fully Furnished

Western Gateway, E16

- Available Beginning Of September
- Two Bedroom & Two Bathroom Apartment
- Concierge 6 Days A Week
- Authentic Warehouse Conversion
- Close To Local Amenities

£350 PW Fully Furnished

Galleons Lock, E16

- Available Now
- Two Bedroom Fifth Floor Apartment
- Open Plan Fitted Kitchen
- Secure Underground Parking
- Close To Local Amenities

£265 PW Fully Furnished

Matthew Parker Street, SW1H

- Available End Of September
- One Bedroom Apartment
- Separate Fully Fitted Kitchen
- 24hour Concierge
- Close To Local Amenities

£475 PW Fully Furnished

Grosvenor Road, SW1V

- Available End Of September
- Two Bedroom & Two Bathroom Apartment
- Balcony With Panoramic River Views
- Fully Fitted Kitchen
- Secure Underground Parking

£795 PW Fully Furnished

Wapping, E1W

- Available Mid-September
- Small Studio Apartment
- Near St Katherine's Dock
- Inclusive Of Bills & Council Tax
- Close To Local Amenities

£200 PW Fully Furnished

Marsham Street, SW1P

- Available End Of September
- Two Bedroom & Two Bathroom Apartment
- Fully Fitted Modern Kitchen
- Secure Underground Parking
- Residents Leisure Centre

£625 PW Fully Furnished

THIS WEEK'S LETTING HOTSPOTS

This week we have registered applicants looking to rent in:

Galleons Lock
Tradewinds Court
Capital East
Britannia Village

If you have a property to let in any of the above please call us.

www.spencer-james.co.uk




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Fairmont House, SE16

This is an absolutely stunning modern one double bedroom studio suite in Fairmont House, part of the Maple Quays at Canada Water. Situated on the ground floor. This luxurious apartment benefits from new fitted and integrated kitchen (integrated oven, hob, microwave, fridge freezer and dishwasher as well as a separate washing machine located in a separate laundry closet). The living room has its own spacious balcony overlooking The internal courtyard.

£320 per week - Studio



Prince Of Orange Court, SE16

A stunning one bedroom flat in a converted pub in the heart of Canada Water which is available now. The fantastic & spacious apartment boasts period features such as double height ceilings and enormous sash windows that have recently been refurbished.

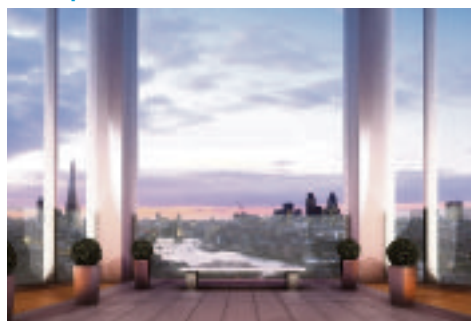
£325 Per Week - 1 bed



Nova Building, E14

A secure development with a 24 hour concierge and residents' leisure facilities. The apartment boasts beautiful wooden flooring and is offered furnished with fully integrated modern kitchen. The spectacular river views and great size accommodation mean that this property will not be available for long. The property also offers you parking and unrestricted use of the leisure facilities.

£350 Per Week - 2 bed



Ontario Point, SE16

This gorgeous property is brand new, and so you have the opportunity of being the first lucky occupiers in this sumptuous apartment. The property boasts stunning views over the city skyline including Tower Bridge, the Shard, The London Eye & Westminster, comfort cooling and under floor heating and is located on the 23rd Floor.

£600 Per Week - 2 bed



Victoria House, SE16

A Stunning Two Bedroom, Two Bathroom Apartment on the second floor of Victoria House, one of the last phases in the award winning Maple Quays Development in the heart of Canada Water. Available immediately and is offered newly furnished to an excellent standard. Call now to reserve this fantastic unit

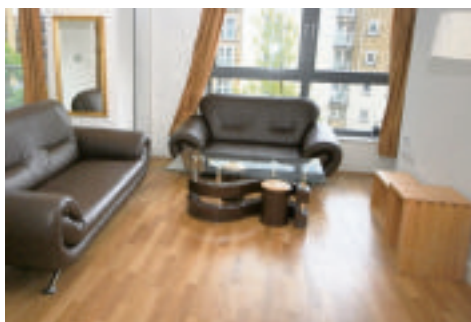
£470 Per Week - 2 bed



Hawkes Place, SE16

An absolutely enormous and visually stunning three double bedroom, two bathroom town house in Canada Water. Recently renovated to a very high standard, this property is spread beautifully over three floors, and is less than five minutes' walk to Canada Water station.

£620 Per Week - 4 bed



Toronto House, SE16

A stunning one bedroom apartment located on the first floor of the Toronto House building part of the popular Maple Quays development on the doorstep of Canada Water station. Boasting approximately 550 square feet of space and furnished to a high standard. Available September 2013.

£365 Per Week - 1 bed



Renaissance, SE13

A spacious modern two double bedroom, two bathroom apartment in Venice Corte part of the highly desirable Barratt Renaissance developments at Lewisham. With wooden flooring throughout, a brand new fitted integrated kitchen, two generous double bedrooms and two bathrooms, this property is not to be missed!

£340 Per Week - 2 bed



Aragon Tower, SE8

A spectacular two bedroom apartment on the twelve floor of Aragon Tower, the sought after and award winning Berkeley Homes development situated on the banks of the Thames. The duplex apartment comprises of two good sized double bedrooms and boasts dual aspect views of the River Thames and Canary Wharf. Call now to arrange a viewing.

£385 Per Week - 2 bed

Unit 1 Toronto House | Surrey Quays Road | London | SE16 7AJ

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£565,000

MAST HOUSE TERRACE, ISLE OF DOGS, E14

- * Three Storey Townhouse
- * Three double bedrooms,
- * Two bathrooms
- * Concrete rear garden
- * Garage with expansion potential
- * Off street parking
- * Close to Mudchute DLR



DISCOVERY WALK, WAPPING, E1W £625 PW

- Two bedroom house
- Furnished with river views
- Two double bedrooms and study
- Available Now



LIMEHOUSE WHARF, NARROW STREET, E14 £995 PW

- 2,11 sq ft warehouse conversion
- Three bedrooms & two bathrooms
- Carefully retained original features
- Available Now



PERLEY HOUSE, WEATHERLY CLOSE, E3 £160,000

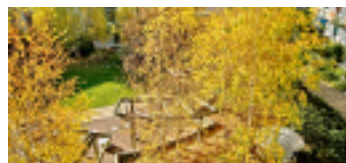
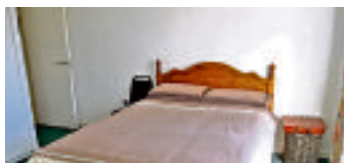
- One bedroom apartment
- Ex-Local authority
- Separate living room/kitchen
- Excellent transport links



GOODHART PLACE, HORSEFERRY ROAD, E14 £750,000

- Four bed duplex apartment
- Separate kitchen to living room
- Circa 1,362 sq ft
- Close to Limehouse DLR

BLACKHEATH & GREENWICH



£500 pw

MAURER COURT, GREENWICH, SE10

- * Three bedroom apartment
- * Situated on 4th floor
- * Circa 1,100 sq ft
- * Two balconies, river views
- * Open plan living space
- * Secure parking
- * Close to North Greenwich Station



PARK ROW, GREENWICH, SE10 £737 PW

- Four bedroom house
- Built over three storeys
- Minutes to Greenwich Park
- Available Now



THE KNOLL, ELIOT HILL, SE13 £923 PW

- Five bedroom house
- Circa 3500 sq ft with garage
- Garden measures 90 x 75 ft
- Available Now



BECQUEREL COURT, GREENWICH, SE10 £419,999

- Two bedroom apartment
- Large open plan living space
- Private roof terrace and balcony
- Close to North Greenwich Station



MAURER COURT, GREENWICH, SE10 £575,000

- Two bedroom apartment
- 6th floor with breathtaking views
- Private paved terrace
- Car parking spot included


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Hera Court, E14

£275,000 L/H

- One bed apartment
- Gated riverside development
- Allocated parking
- Mudchute DLR

EPC - C



Stoneyard Lane, E14

£299,950 L/H

- Two bed, two bath
- Chain Free
- Immaculate condition
- Balcony, Allocated parking

EPC - C



21 Wapping Lane, E1W From £320,000 L/H

- Selection of Studio suites
- Brand new development
- Beautifully designed
- Completion 2014

EPC - TBC



Baltimore Wharf, E14

£330,000 L/H

- Luxury studio suite
- Dock facing balcony
- 24hr concierge & gym
- Crossharbour DLR

EPC - B



Landmark West, E14

£375,000 L/H

- One bedroom
- Luxury apartment
- 24hr Concierge & gym
- Heron Quay DLR

EPC - B



Panoramic, London E14

£415,000 L/H

- Brand New Development
- Two bed, two bath
- 17th floor, 819sqft
- 24hr concierge & gym

EPC - TBC



Landmark East, E14

£420,000 L/H

- One Bedroom, 18th floor
- East facing apartment
- 24hr concierge & gym
- Heron Quays DLR

EPC - B



Marine Wharf, SE16

£430,000 L/H

- Two bed, two bath
- Brand new apartment
- Residents Parking
- Canada Water Jubilee

EPC - TBC



Forge Square, E14

£435,000 L/H

- 613ft² apartment
- One bedroom
- 5th floor, stunning views
- Immaculate condition

EPC - B



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Caspian Wharf, E3

£275pw

- One bed + Balcony
- 517sq ft, 2nd floor
- Concierge
- Chain Free

EPC-B

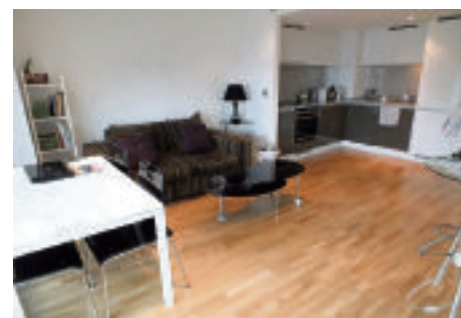


Panoramic Tower, E14

£325pw

- Brand New Development
- One Bed + Balcony
- Gym and Concierge
- Langdon Park DLR

EPCTBC



Landmark West, E14

£355pw

- Luxury Studio
- 10th floor
- Heron Quays DLR
- 24hr Concierge + gym

EPC-B



New Festival Quarter

£360pw

- Two bedrooms
- Balcony
- 24hr Concierge + gym
- Langdon Park DLR

EPC-B

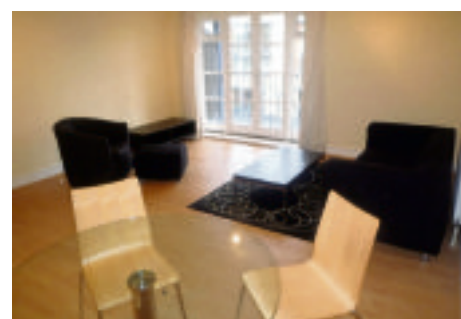


Canary Central, E14

£400pw

- Two bed, two bath
- Balcony, Parking
- Gym & Concierge
- South Quay DLR

EPC-B



Hamilton House, E14

£420pw

- Two bed, two bath
- Balcony
- Parking & Concierge
- Limehouse DLR

EPC-C



Watergardens Square, SE16

£490 pw

- Two bed, two bath
- Two balconies
- Secure parking
- Canada Water Jubilee Line

EPC-B



Landmark East, E14

£590pw

- Two bed, two bath
- 39th floor
- 24hr Concierge & Gym
- Heron Quays DLR

EPC-B



Landmark West, E14

£1,100pw

- Three bed, two bath
- Allocated parking
- 24hr Concierge + gym
- Heron Quays DLR

EPC-B



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Greenwich, SE10. £500,000 Leasehold

Interior designed two bedroom semi detached house, stunning interior, stunning reception room (loft style) Unique property, two bathrooms. **EPC B**



Pan Peninsular, E14. £385,000 Leasehold

Set on the 14th floor and boasting views across London and The Thames, this 550 Sq Ft Studio apartment is an ideal investment opportunity. **EPC B**

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Baltimore Wharf, E14. £600,000 Leasehold

Two bedrooms, two bathrooms, great views, terrace, concierge, leisure centre, close to the DLR, luxurious throughout. **EPC C**



Coral Apartments, E16 LHD. £1,100,000 Leasehold

17th floor gorgeous 1420 sq ft duplex penthouse affords stunning views across the Docks and of the Canary Wharf and City skyline. **EPC C**

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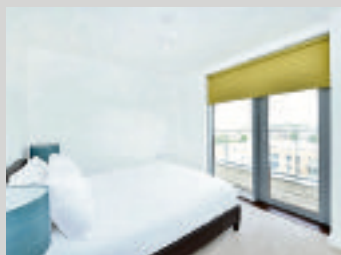


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New Festival Avenue, E14 £360 per week

A two bedroom apartment with balcony set on the 10th floor of this brand new development within easy reach of Canary Wharf. **EPC: B**



Western Gateway, E16 £375 per week

A large modern one bedroom apartment with simply stunning views towards Canary Wharf and The City. **EPC: C**



Streamlight Tower, E14 £370 per week

A contemporary one bedroom apartment located on the 17th floor of this desirable development. **EPC: C**



Baltimore Wharf, E14 £560 per week

A lovely two bedroom, two bathroom apartment directly facing the water with lovely views of Canary Wharf. **EPC: B**

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1987 Burrells Wharf



1997 Dundee Wharf



1999 Millenium Harbour



2000 Odyssey



2001/2002 New Providence Wharf



2002 Season Wharf

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Millharbour, E14

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- Available October 2013

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- Two Bathrooms
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- Available September 2013

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Ontario Tower, E14

£650,000 Leasehold

A stunning 21st floor 2 bedroom 2 bathroom apartment in Ballymore's Ontario Tower @ New Providence Wharf. The property boasts towering views of the river & O2 Centre, floor-to-ceiling windows throughout, valet parking & excellent on-site facilities. EPC Rating: B



West India Quay, E14

£975,000 Leasehold

A rarely available 25th floor 1350sq ft 2 bed 2 bath apartment in one of Canary Wharf's premier developments: No. 1 West India Quay. The property benefits from towering West-facing river & City views, secure parking & is offered chain free. EPC Rating C



Papermill Wharf, E14

£999,995 Share of freehold

A 2nd floor 1598sq ft 3 bedroom apartment located in this popular Limehouse development on Narrow Street. Features include: vaulted ceilings, river views and refurbished kitchen & bathrooms. Daytime porterage and secure parking included. EPC Rating C



Landmark East Tower, E14

£1,699,950 Leasehold

A 3 bedroom, 2 bathroom penthouse presented on the 44th floor in this prestigious development. Measuring in excess of 1800 sq ft the apartment also features a south-facing balcony, towering views of the river and Canary Wharf and 2 secure parking spaces. EPC Rating C

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Ares Court E14

£325 per week

A spacious apartment located on the second floor of this popular secure riverside development close to Mudchute DLR station. The property comprises a large reception with views of the Canary Wharf skyline, generous separate fully fitted kitchen, bedroom with fitted wardrobes and modern bathroom. EPC rating C



Eaton House, E14

£675 per week

A charming and spacious apartment in the sought after Canary Wharf development, Canary Riverside. The apartment comprises a large and spacious reception, fully fitted kitchen, large bedrooms and modern bathrooms all finished to the highest specification. EPC Rating C



Baltimore Wharf, E14

£1500 per week

A beautiful penthouse apartment in this prestigious development. The property is finished to the highest of standards and boasts 3 double bedrooms all with fitted wardrobes and 2 en suite bathrooms, an additional family bathroom, large open plan reception with terrace and wrap around balcony and 2 allocated parking spaces. EPC Rating: C



Westferry Road, E14

£380 per week

A charming and well located apartment boasting private paved garden and south facing balcony! The apartment comprises 2 double bedrooms, reception with wooden flooring, fully fitted kitchen and bathroom. The property also benefits from secure parking and is located close to Island Gardens DLR and the River Taxi. EPC Rating D

Chandlers Mews, E14

£599 per week

A riverside apartment ideally located for access to the River Taxi and Mudchute DLR station. The property boasts 2 double bedrooms, 2 bathrooms, separate fully fitted kitchen and reception with access to a spacious private balcony with side river views. The apartment also benefits from a secure parking space and the development has a daytime porter. EPC Rating C

Hudson Court, E14

£395 per week

A riverside apartment ideally located for access to the River Taxi and Mudchute DLR station. The property boasts 2 double bedrooms, 2 bathrooms, separate fully fitted kitchen and reception with access to a spacious private balcony with side river views. The apartment also benefits from a secure parking space and the development has a daytime porter. EPC rating C

Seacon Tower, E14

£375 per week

A modern river facing apartment in this popular development walking distance from Canary Wharf's amenities. The property boasts direct river views, balcony and open plan kitchen. The development benefits from a 24 hour porter and gym. EPC rating C

Victoria Wharf, E14

£595 per week

A charming two bedroom apartment on the very desirable Narrow Street in Limehouse. Located within close proximity to Limehouse DLR station and walking distance of Canary Wharf, the property is ideally located for access across London. The apartment itself benefits from generous sized rooms and fantastic direct views of the River Thames. EPC Rating B

Orion Point, E14

£350 per week

A substantial 650sq ft 8th floor 1 bedroom apartment in Orion Point. Forming part of the Odyssey complex, the property is located within easy walking distance to Mudchute DLR station and benefits from onsite gym & 24 hour concierge. EPC rating C

Dunbar Wharf, E14

£500 per week

A spacious apartment on the first floor of this very popular Limehouse development, Dunbar Wharf. The property comprises 2 double bedrooms, master with en suite bathroom and both with fitted wardrobes, large reception with separate fully fitted eat in kitchen, excellent storage and additional family bathroom. EPC Rating C

Jupiter House, E16

£360 per week

A modern apartment in this popular development close to Canning Town DLR. The property benefits from 2 double bedrooms 2 bathrooms open plan kitchen/reception and balcony. EPC Rating B

Augustine Bell Tower, E3

£480 per week

A beautiful penthouse apartment in this popular residential development close to Victoria Park and Bow Road tube stations. The apartment comprises 2 double bedrooms, 2 bathrooms, large reception with fully fitted open plan kitchen, private balcony boasting spectacular views of the City and a secure underground parking space. EPC Rating C

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Felicity J. Lord



**BELLOT STREET, SE10
£455,000**

A fully modernised, three bedroom house located on a popular residential street in East Greenwich, benefitting from convenient transport links, and a large private rear garden.

GREENWICH
020 8293 8555
Ref: FJL027104020
EPC C



**VICTORIA GATE GARDENS, SE10
£975,000**

Victoria Gate Gardens is an exclusive, brand new gated development in The Ashburnham Triangle, comprising two luxury detached houses featuring three large double bedrooms and secure, off street parking.

GREENWICH 020 8293 8555
Ref: FJL027103773 | EPC C



**FARNSWORTH COURT, SE10
£450,000**

A larger than average, light and airy apartment located on a sought after riverside development, featuring generous accommodation, courtyard views, secure parking, on-site ecology park, and concierge facilities.

GREENWICH 020 8293 8555
Ref: FJL027103971 | EPC B



**RIVERVIEW HEIGHTS, SE1
£725,000**

A spacious two bedroom two bathroom apartment which extends to over 950 sq ft located within this riverside development close to Butlers Wharf. The property also offers private balcony, concierge and secure parking.

SHAD THAMES 020 7089 6490
Ref: FJL027603904 | EPC C



**GINGER
APARTMENTS, SE1
£595,000**

This beautiful one bedroom apartment is located within this desirable building in the heart of Shad Thames. Offering private balcony, multi-paned windows, concierge and secure parking, this property is one not to miss.

SHAD THAMES
020 7089 6490
Ref: FJL027604433
EPC C



**ADMIRALS COURT, SE1
GUIDE PRICE £699,950 - £725,000**

Located in the heart of Shad Thames with views over Tower Bridge Piazza this fantastic two bedroom duplex apartment with two balconies, en-suite and secure parking. To arrange an internal inspection, please call our sales team today.

SHAD THAMES 020 7089 6490
Ref: FJL027604329 | EPC - C



**THE CIRCLE, SE1
GUIDE PRICE £1,175,000 - £1,200,000**

This three bedroom two bathroom south facing penthouse apartment offers spacious living accommodation throughout including large terrace, refurbished kitchen and bathrooms, air conditioning, concierge and secure underground parking.

SHAD THAMES 020 7089 6490
Ref: FJL027604431 | EPC D

**GLOBE WHARF, SE16
£500,000 - £520,000**

A two bed, two bath warehouse conversion on the fourth floor of this popular converted Rice Mill, the property benefits from exposed brickwork, separate kitchen and allocated parking as well as en-site gym and use of swimming pool.

SURREY QUAYS
020 7237 2320
Ref: FJL113200846
EPC C

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**EDWARD SQUARE, SE16
£425,000 - £450,000**

A two bedroom, two bathroom newly refurbished top floor apartment, the property is set within a gated development and benefits from river views, allocated parking and being finished to a high standard throughout.

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Ref: FJL113200859 | EPC C



**OPEN DAY
ELEPHANT LANE, SE16
GUIDE PRICE £875,000 - £900,000**

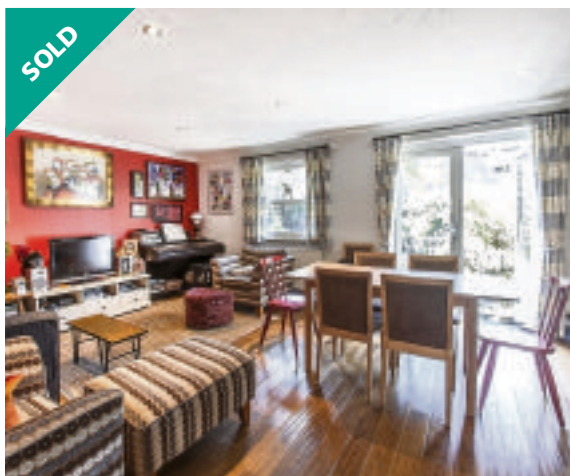
A beautiful architect designed mid terrace house set on the edge of Rotherhithe Village and Bermondsey, benefitting from gracious living and entertaining spaces, landscaped gardens with secluded deck and three balconies.

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SOLD

**LOCKESFIELD
PLACE, E14
£474,995**

This beautifully appointed house was sold in excess of its asking price within 24 hours of being placed on the market. We have buyers waiting for similar properties. If you have a house to sell then call ASAP.

CANARY WHARF
0207 987 6776
Ref: FJL026904158
EPC - C



SOLD

BURRELLS WHARF, E14 £379,995

Sold in 2 days, similar properties required for waiting buyers. Exclusive fee's available for Burrell's Wharf residents. Call us for more information.

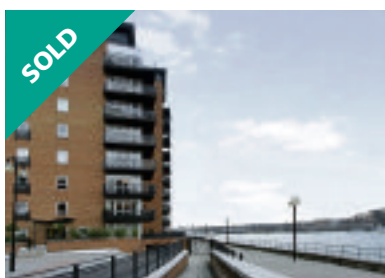
CANARY WHARF 0207 987 6776
Ref: FJL026904014 | EPC - C



ARES COURT, E14 £299,995

This large one double bedroom apartment comes with far reaching views towards the Canary Wharf skyline. Having undergone a significant refurbishment programme this sleek, contemporary styled apartment is ready to move straight in to.

CANARY WHARF 0207 987 6776
Ref: FJL026904169 | EPC - B



SOLD

LANGBOURNE PLACE, E14 £439,995

Sold in 24 hours. Since marketing this apartment we have registered a number of buyers specifically looking for apartments in Langbourne Place. Need to sell quickly? Call now.

CANARY WHARF 0207 987 6776
Ref: FJL026904054 | EPC - C



SOLD

**BARNSDALE AVENUE,
E14**

£499,995

Sold in 1 day £20,000 over asking price. Similar required for waiting buyers. This immaculate three double bedroom family sized house comes with a lovely east facing garden and a useful integral garage. With well proportioned rooms and a contemporary interior this house is in perfect condition throughout.

CANARY WHARF
0207 987 6776
Ref: FJL026904143
EPC - B



BALTIMORE WHARF, E14 £479,995

An attractively priced two double bedroom apartment positioned on the raised ground floor of Baltimore Wharf. This east facing apartment is finished to a high specification throughout and comes with valet parking, gym, pool and leisure facilities.

CANARY WHARF 0207 987 6776
Ref: FJL026904145 | EPC - C

**INDECON SQUARE,
E14
£599,995**

This rare apartment comes with a spacious living room and three large double bedrooms. With a bright westerly aspect, this well presented sixth floor apartment also includes a secure car parking space. Indecon Square is within a few minutes walk to Canary Wharf and South Quay DLR.

CANARY WHARF
0207 987 6776
Ref: FJL026904157
EPC - C



SOLD

FRANCIS CLOSE, E14 £419,995

Due to significant demand this lovely 3 bedroom house sold at £10,000 over its asking price. Do you have a house to sell? We have successfully sold more Freehold property than any of our competitors this year.

CANARY WHARF 0207 987 6776
Ref: FJL026904049 | EPC - C



SOLD

LANDMARK TOWER, E14 £600,000

Do you own a property in Landmark Tower? Take our two week challenge to sell your property. Call now for more information about our exclusive selling fee.

CANARY WHARF 0207 987 6776
Ref: FJL026904125 | EPC - C

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Forge Square, Nr Canary Wharf E14

Available Now

This one bedroom apartment is located on the Westferry Road under two miles from Canary Wharf. The apartment offers contemporary accommodation at a reasonable price. Bedroom, bathroom, reception room, kitchen. EPC rating B.

Available furnished

Guide price: £295 per week

(CWQ174087)

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Dunbar Wharf, Limehouse E14

Available October 2013

Spacious and well presented two bedroom apartment to let located on Narrow Street. The large reception room leads to a balcony overlooking the River Thames. 2 bedrooms, 2 bathrooms, reception room, kitchen, gym, concierge. EPC rating C.

Available furnished

Guide price: £495 per week

(CWQ90074)

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Coldharbour, Nr Canary Wharf E14

Available Now

Large three bedroom apartment to let in a development overlooking the O2 and the Canary Wharf skyline. Accommodation is set over two floors with a terrace looking out over the river. 3 bedrooms, 2 bathrooms, reception room, open plan kitchen, parking. EPC rating D.

Available furnished

Guide price: £580 per week

(CWQ161457)

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Langbourne Place, Nr Canary Wharf E14

Available Now

Impressive duplex penthouse apartment with a South West facing balcony and amazing views towards the Thames and the City. 3 bedrooms, 3 bathrooms, reception room, kitchen, balcony, concierge, parking.

Available furnished or unfurnished

Guide price: £750 per week

(CWQ179740)

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Goodhart Place, Limehouse E14

Available Now

A well proportioned three double bedroom house located in a popular portered Limehouse development. The house has been refurbished to a high standard and benefits from Dock views. 3 bedrooms, 3 bathrooms, reception room, kitchen, garage. EPC rating D.

Available furnished

Guide price: £880 per week

(CWQ151967)

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New Providence Wharf, Nr Canary Wharf E14

Available Now

Stunning apartment to let with panoramic views over the River Thames, O2 and the City. The spacious open plan reception area has floor to ceiling windows. 3 bedrooms, 2 bathrooms, reception room, open plan kitchen, porter, leisure facilities.

Available unfurnished

Guide price: £900 per week

(CWQ183934)

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1 bedroom, 1 bathroom Apartment | Available Now | Balcony | Fully Equipped Gymnasium and Health Centre

£ 400 p/w



The Landmark · West Tower · E14

This particular apartment is positioned on the 8th floor and features floor to ceiling windows from both the bedroom and reception rooms providing serene and relaxing views onto the neighbouring docks and foot bridges leading into Canary Wharf, benefits ample storage, and is equipped with a fully integrated kitchen.

Asking Price £ 360,000.00



Lanterns Court · Cobalt Point · E14

A fantastic one bedroom apartment within the ever popular Lanterns Court development ideally located in the heart of the Docklands. This 7th floor property benefits from a fully integrated kitchen, smart bathroom fittings, wooden flooring and ample natural light from the full height windows. This apartment also comes with secure underground parking. Leasehold

Asking Price £ 369,000.00



New Providence Wharf · E14

Stunning 2 bedroom, 2 bathroom apartment | Available Now | Close to Blackwall DLR | Valet Parking Space included

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Denison House · Lanterns Court · E14

3 bedroom, 2 bathroom apartment | Available Now | Excellent transport links to the City | On-site Gymnasium

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- Communal Roof Garden
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- Third Floor
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- Seventh Floor
- Open Plan Living Area
- EPC Rating B

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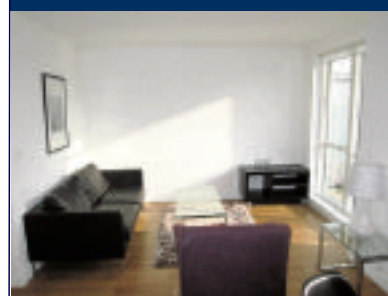
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- EPC Rating C

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- Security Entrance
- Balcony • Modern Kitchen
- Two Doubles • Close to DLR
- EPC Rating B

YEO STREET £1560 p.c.mdocklands@your-move.co.uk 020 7987 8900

- Security Entrance
- Modern Kitchen • Two Doubles
- Spacious Accommodation
- Close to DLR • EPC Rating B

YEO STREET £13500 p.c.mdocklands@your-move.co.uk 020 7987 8900

- Security Entrance
- Modern Kitchen • One Bedroom
- Spacious Accommodation
- Close to DLR • EPC Rating B

FUSION £1343 p.c.mdocklands@your-move.co.uk 020 7987 8900

- Gas Central Heating
- Security Entrance • Roof Garden
- Modern Kitchen • Two Doubles
- En-suite Bathroom • EPC Rating B

EQUINOX £1170 p.c.mdocklands@your-move.co.uk 020 7987 8900

- Security Entrance
- Balcony • Modern Kitchen
- Spacious Reception
- Close to DLR
- One Bedroom • EPC Rating B

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Beaufort Park, NW9
£170,000 - £320,000

Brand new Studio and 2 bed apartments with high standard facilities. Surrounded by Mediterranean style boulevard and landscaped grounds.



St George Wharf Tower, SW8
£1,650,000

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Warwick Road, W14
£1,200,000

2 bed 2 bath apartment located by Kensington High Street and multiple tube stations. Underground parking. Residents Gym.

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sales.docklands@h-s-c.co.uk

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lettings.docklands@h-s-c.co.uk



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Gun Court

70 Wapping Lane

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E1W 2RE



JONES LANG
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020 7715 9700

joneslanglasalle.com

Sales & Lettings

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docklands.lettings@eu.jll.com

11 Westferry Circus, London E14 4HD

ASHLEY KING

ESTATE & LETTING AGENTS


Helion Court E14
£300 per week

- One Bedroom Apartment
- One Bathroom
- Ideal Location
- Modern Finishes
- Secure Entry
- Close to Transport Links


Antilles Court E14
£360 per week

- One Bedroom Apartment
- One Bathroom
- Direct Dock Views
- Newly Refurbished
- Close to amenities
- Modern Interior


Landmark E14
£370 per week

- One Bedroom Apartment
- One Bathroom
- Floor To Ceiling Windows
- South Facing
- 24 Hour Concierge
- Sixth Floor


Orion Point E14
£425 per week

- Two Bedroom Apartment
- Two Bathrooms
- Leisure Facilities
- Private Balcony
- 24Hrs Concierge
- Stunning River Views


Millharbour E14
£440 per week

- Two Bedroom Apartment
- Two Bathrooms
- Private Balcony
- Modern Finishes
- 24Hrs Concierge
- Fully Furnished


West India Quay E14
£450 per week

- One Bedroom Apartment
- One Bathroom
- 24 HrS Concierge
- Amazing Views
- Fully Furnished
- Ideal Location


Windmill House E14
£108,000

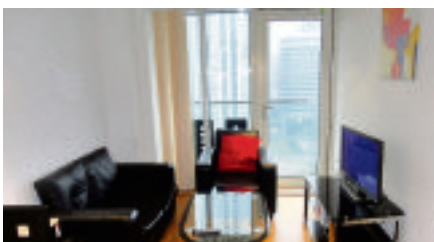
PUBLIC NOTICE Ashley King are now in receipt of an offer for the sum of £108,000.00 for Flat 4 Windmill House 146 Westferry Road E14 3ED. Anyone wishing to place an offer on this property should contact Ashley King 5 Harbour Exchange Sq, Canary Wharf, E14 9GE - T: 020 7190 3300 before exchange of contracts.


New Providence Wharf E14
£279,888

- Studio Apartment
- Thirtieth Floor
- Separate Kitchen
- Contemporary Fixtures
- Leisure Facilities
- 24Hrs Concierge


Docklands Court E14
£299,950

- Two Bedrooms
- One Bathroom
- Private Balcony
- Triple Glazed
- Long Lease
- Close To DLR Station


Ability Place E14
£364,888

- One Bedroom Apartment
- Thirteenth Floor
- Two Private Balconies
- Canary Wharf Views
- 24Hrs Concierge Service
- Gym Facilities


Cumberland Mills E14
£437,500

- Two Bedrooms
- Two Bathrooms
- First Floor
- Riverside Development
- Allocated Parking
- Share of Freehold


Discovery Dock E14
£579,888

- Two Bedroom Apartment
- Two Bathrooms
- South Facing
- Private Balcony
- Desirable Location
- 24Hrs Concierge

www.AshleyKingUk.com Docklands@AshleyKingUk.com
5 Harbour Exchange Square, Marsh Wall, London E14 9GE

020 7190 3300



lines open 8am - 12am



L Lourdes

lourdes-estates.com
020 7538 9250



Adventurers Court, E14

- One bedroom apartment
- 24 hour concierge
- Private balcony
- Secure Parking

£300 per week



Wards Wharf Approach, E16

- Two double bedrooms
- Two bathrooms
- Large balcony
- Close to DLR, City Airport

£335 per week



Aqua Vista Square, E3

- Two bedroom apartment
- Secure underground parking
- Contemporary kitchen
- Concierge

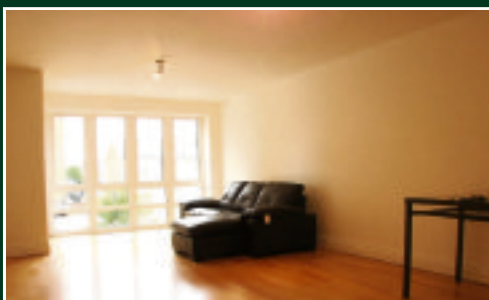
£375 per week



Bernhard Baron House, E1

- Two bedroom duplex penthouse
- Private balcony
- Modern kitchen
- Close to Aldgate East Station

£500 per week



St Davids Square, E14

- Three bedrooms
- Leisure facilities
- Two bathrooms
- Secure parking

£525 per week



Ocean Wharf, Westferry Road, E14

- Duplex penthouse
- Private terrace
- Three bedrooms
- River views

£995 per week



Kiln Court, Westferry, E14

- Two double bedrooms
- Good location
- Duplex apartment
- Private balcony

£269,999



Seacon Tower, Westferry Road, E14

- One double bedroom
- River view
- Popular development
- Close to Canary Wharf

£359,999



Welles Court, Westferry, E14

- Penthouse apartment
- Private terrace
- Canary Wharf views
- Underground parking

£424,995



Zenith Building, Limehouse, E14

- Two double bedrooms
- Sixth floor
- Excellent location
- Secure parking

£425,000



The Watergardens, Narrow Street, E14

- Two double bedrooms
- En suite
- Top floor
- Two balconies

£475,000



Dunbar Wharf, Narrow Street, E14

- Two double bedrooms
- Excellent location
- Top floor
- River view

£620,000

96 Three Colt Street, Limehouse, London, E14 8AP
enquiries@lourdes-estates.com

